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August 4th 2014: The Trauma of Everyday Life

Suffering and trauma are not reserved for large scale tragedies that we watch on the news. Our personal experiences of loneliness, fear, pain, uncertainty, and loss trigger trauma responses deep within our brains. The most important thing we can do about suffering is acknowledge it. When we do that, these ordinary traumas provide us with emotional experiences that we can use to develop our minds and transform our lives. Today's guest, psychiatrist Mark Epstein, will share with us how we can use our everyday experiences to wake up to our own capacity to transform ourselves as we increase our aw

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Featured Guest



Mark Epstein, M.D.

Mark Epstein, M.D. is a psychiatrist in private practice in New York City and the author of a number of books about the interface of Buddhism and psychotherapy, including Thoughts Without a Thinker and Psychotherapy Without the Self.

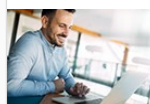
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