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# THE TRAUMA OF EVERYDAY LIFE



Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, The Trauma of Everyday Life, Mark Epstein, Trauma does not just happen to a few unlucky people; it is the bedrock of our psychology. Death and illness touch us all, but even the everyday sufferings of loneliness and fear are traumatic. In The Trauma of Everyday Life renowned psychiatrist and author of Thoughts Without a Thinker Mark Epstein uncovers the transformational potential of trauma, revealing how it can be used...

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- Authored by Mark Epstein
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