



What the Buddha Felt: A Buddhist Psychiatrist Points the Way to Uncommon Happiness

Mark Epstein

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Sigmund Freud once said that the best outcome that psychotherapy can offer is a return to "common unhappiness". But what about those of us with higher aspirations? Where do we find the tools we need to heal - and then go further - to create a life of uncommon and authentic happiness?

The answer, teaches Mark Epstein, may lie in the insights of one of the world's greatest psychologists - the Buddha. *What the Buddha Felt* uncovers a quiet revolution occurring in the West today: the merging of modern psychotherapy and ancient Buddhist meditation techniques to help us face even the most challenging emotional obstacles.

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