

## THE TRAUMA OF EVERYDAY LIFE PDF%0A

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Our ego, and its accompanying sense of nagging self-doubt as we work to be bigger, better, smarter, and more in control, is one affliction we all share.

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*The Trauma of Everyday Life* is a misleading title. It is something like a publishing sin of omission not to disclose the bias in a book's point-of-view. The disclosure was there, for example, in Epstein's most recent work,

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**The Trauma of Everyday Life - Psych Central**

In *The Trauma of Everyday Life*, Mark Epstein begins by saying that trauma is an indivisible part of human existence. It takes many forms but spares no one. For the first ten years of his