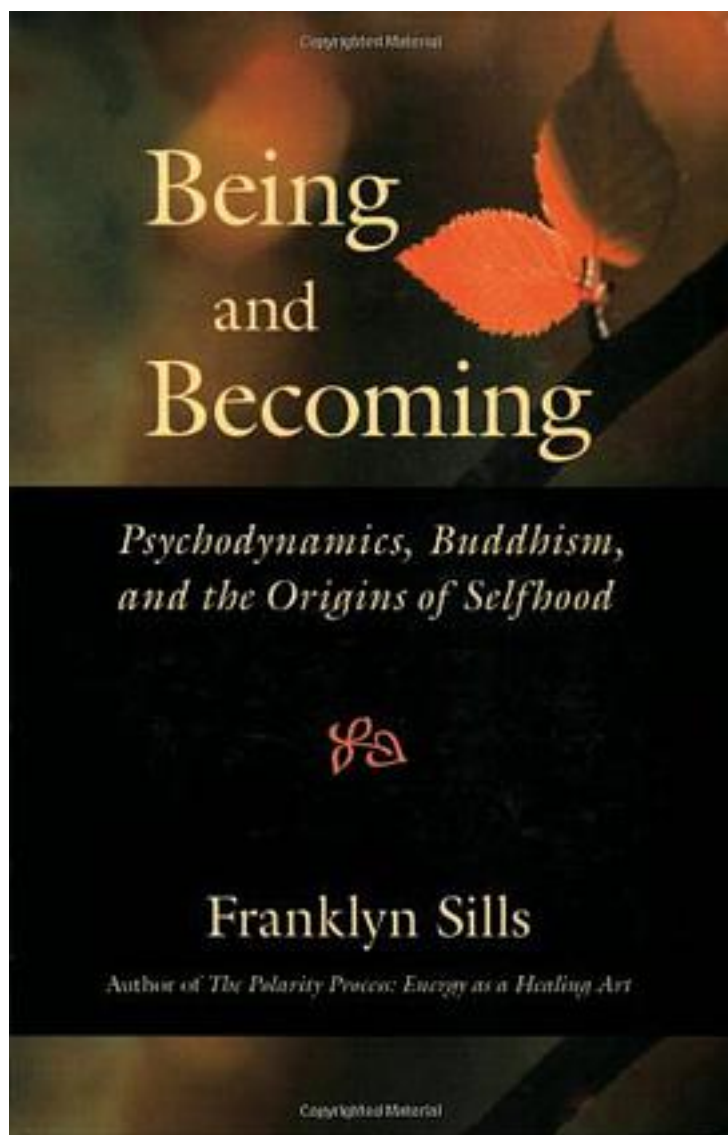


Being and Becoming



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Being and Becoming is a wide-ranging analysis of the nature of being and selfhood. The book presents an original, integrated paradigm with the aim of creating a comprehensive overview of the human condition—and finding ways to alleviate suffering. In essence, the book explores the question, “What does it mean to be?”

Being and Becoming begins with fresh interpretations of the work of Martin Heidegger and Buddhist, Taoist, and Christian writings as they relate to this question. Most of Being and Becoming, however, is about the nature of self and selfhood as a process of “I-am-this,” “my becoming” rather than “my being.” Author Franklyn Sills interweaves concepts from object relations theories, psychodynamics, pre- and perinatal psychology, and Buddhist self-psychology, along with his own rich experience as a Buddhist monk, somatic therapist, and psychotherapist, into his inquiry. The works of Fairbairn and Winnicott are discussed in depth, as are Winnicott and Stern’s insights into the nature of the early holding environment, the infant-mother relational field, and early perceptual dynamics. A thoughtful guide for psychologists, therapists, counselors, and other health professionals, the book is also ideal for Buddhists and anyone looking for alternative therapy models.

作者介绍:

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