



Contact with the Depths

Michael Eigen

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This book explores ways we make contact with the depths in ourselves and each other.

We are deeply moved by the contact we make with life, yet also puzzled by a need to break or lose contact, and often suffer wounds by the failure of that contact to be born. Our sense of contact is tenacious and fragile, subject to deformations, plagued with a sense of jeopardy.

In his new book, Michael Eigen focuses on ways we make?and break?contact in the wounded aloneness of addiction, the wounded beauty of psychosis, the importance of not knowing and wordlessness, ways we transmit emotions, the need to start over, and harm we cause by trying to get rid of and misuse tendencies that are part of our makeup. He explores our need for deep contact, contact we never stop growing into, part of the mystery, care and love of everyday life.

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