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In the New York Times bestseller Broken Open, a beautifully crafted blend of moving stories, humorous insights, practical guidance, and personal memoir, Elizabeth Lesser offers tools to help us make the choice we all face in times of challenge: Will we be broken down and defeated, or

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She describes being "broken open" by pain, death, and other losses rather than being broken down and consumed by them. In being broken open, we should give this grief due consideration, but also be able to grow from it, a process that Lesser dubs the

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change in a moment; we have little control over the outer weather patterns as we make our way through the landscape of a life.

~~Excerpt from Broken Open by
Elizabeth Lesser~~

Like. ¶When there is nothing left to

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lose, we find the true self—the self that is whole, the self that is enough, the self that no longer looks to others for definition, or completion, or anything but companionship on the journey. □ Elizabeth Lesser, Broken Open: How Difficult Times Can Help Us Grow. 11 likes.

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life is change, yet the nature of human
beings is to resist change. And how
ironic that the difficult times we fear

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might ruin us are the very ones that can break us open and help us blossom into who we were meant to be.[].

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In a beautifully crafted blend of moving

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stories, humorous insights, practical
guidance, and personal memoir, she
offers tools to help us make the choice
we all face in times of challenge: Will
we be broken down and defeated, or
broken open and transformed? Lesser
shares tales of ordinary people who
have risen from the ashes of illness,

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stories, humorous insights, practical

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stronger, wiser, and more in touch with
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Elizabeth Lesser is a bestselling
author and the co-founder of Omega
Institute, an education and retreat

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center focusing on health, wellness,
spirituality, creativity, and social
change.

~~Elizabeth Lesser~~

In a beautifully crafted blend of moving stories, humorous insights, practical guidance, and personal memoir, she

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offers tools to help us make the choice we all face in times of challenge: Will we be broken down and defeated, or broken open and transformed? Lesser shares tales of ordinary people who have risen from the ashes of illness, divorce, loss of a job or a loved one—stronger, wiser, and more in touch

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by ELIZABETH LESSER. Elizabeth
Lesser's Broken Open: How Difficult
Times Can Help Us Grow is being
reissued with a new preface by the

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author, and it couldn't be coming out
at a better time. When I wrote Broken
Open, I was at the tail end of a difficult
time in my own life. Divorce and single
motherhood, remarriage and a
blended family, the death of my father
and upheavals at work—all of this had
happened in the space of a few years.

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~~'Broken Open': We are All in This
Together | Maria Shriver~~

To shut down or to be broken open and transformed. Elizabeth Lesser provides tools to help us turn difficult times into times of growth and empowerment. Elizabeth is the co-

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In a beautifully crafted blend of moving stories, humorous insights, practical guidance, and personal memoir, she offers tools to help us make the choice

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we all face in times of challenge: Will we be broken down and defeated, or broken open and transformed? Lesser shares tales of ordinary people who have risen from the ashes of illness, divorce, loss of a job or a loved one - stronger, wiser, and more in touch with their purpose and passion.

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For anyone who has ever faced a crisis, Broken Open shows how to grow, change and retrieve a natural sense of joy and passion in life 'And the time came when the risk to remain tight in a bud was more painful than

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the risk it took to blossom' Anaes
Nin Elizabeth Lesser shows how it is
possible to deal with fearful change or
a painful loss and be reborn, like the
Phoenix, to a more vibrant and
enlightened self.

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