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By Elizabeth Lesser Broken Open

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 broken open and transformed? Praise for Broken Open "A most extraordinary book...Lesser is a brilliantly gifted writer." —Caroline Myss, author of Sacred Contracts and Anatomy of the Spirit "Elizabeth Lesser ...

Broken Open — Elizabeth Lesser

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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 "Phoenix Process." I like this message.

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Excerpt from Broken Open by Elizabeth Lesser

Like. “When there is nothing left to 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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Elizabeth Lesser Quotes (Author of Broken Open)

In a beautifully crafted blend of moving 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, divorce, loss of a job or a loved one—stronger, wiser, and more in touch with their purpose and passion.

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Elizabeth Lesser is a bestselling author and the co-founder of Omega Institute, an education and retreat center focusing on health, wellness, spirituality, creativity, and social change.

Elizabeth Lesser

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Broken Open by Elizabeth Lesser: 9780375759918 ...

by ELIZABETH LESSER. Elizabeth Lesser’s “ Broken Open: How Difficult Times Can Help Us Grow ” is being reissued with a new preface by the 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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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 the risk it took to blossom' Anaes NinElizabeth 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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