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BROKEN OPEN. During times of transition, amid everyday stress, and even when we face seemingly insurmountable adversity, life offers us a choice: to turn away from change or to embrace it; to shut down or to be broken open and transformed.

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An alright self-help book about how we can use difficult times to grow. Elizabeth Lesser, co-founder of the Omega Institute known for spiritual retreat and personal growth, shares her own story of loss as well as the journeys of those she has encountered through her work.

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Broken Open How Difficult Times Can Help Us Grow

Broken Open: How Difficult Times Can Help Us Grow [Elizabeth Lesser] on Amazon.com. *FREE* shipping on qualifying offers. In the more than twenty-five years since she co-founded Omega Institute - now the world's largest center for spiritual retreat and personal growth -Elizabeth Lesser has been an intimate witness to the ways in which people

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How strange that the nature of life is change, yet the nature of human beings is to resist change. And how ironic that the difficult times we fear might ruin us are the very ones that can break us open and help us blossom into who we were meant to be. Elizabeth Lesser, Broken Open: How

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