

Download Broken Open By Elizabeth Lesser

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 ...--ELIZABETH LESSER 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. Lesser is a wonderful writer, and the stories she tells, as well as her own journey to happiness and healing, are inspiring, multifaceted, and even mythic. She describes being "broken open" by pain, death, and other losses rather than being broken down and consumed by them." Elizabeth Lesser bravely and beautifully explores one of the most compelling questions of life: how do we emerge from suffering and challenge with real, encompassing wisdom and love. *Broken Open* is personal, pragmatic and enlightening."