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[Broken Open: How Difficult Times Can Help Us Grow](#)

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 weather change and transition.

[Broken Open Elizabeth Lesser](#)

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.

[Broken Open Quotes by Elizabeth Lesser - Goodreads](#)
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 Broken Open: How Difficult Times Can Help Us Grow, Book by ...

ELIZABETH LESSER is the co-founder of Omega Institute in Rhinebeck, New York, which offers conferences and workshops attended by twenty thousand people a year.

[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. NEW YORK TIMES BESTSELLER
This inspiring guide to healing and growth illuminates the richness and potential of every life.

[Broken Open :: Elizabeth Lesser - Random House](#)

BROKEN OPEN How Difficult Times Can Help Us Grow. In the more than thirty 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 weather change and transition.

[Broken Open: How Difficult Times Can Help Us Grow by ...](#)

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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"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."

Broken Open: How Difficult Times Can Help Us Grow by ...

Broken Open: How Difficult Times Can Help Us Grow, by Elizabeth Lesser, is a collection of stories and observations about coming through what Lesser calls a Phoenix Process - rebirth after going down in flames, as it were. This is not the type of book I normally read. However, I am in the process of going through my own personal life-changing event, and when I saw this book in the grocery

Broken Open by Elizabeth Lesser - Penguin Random House

Elizabeth Lesser is the co-founder of Omega Institute, this country's largest adult education center focusing on health, wellness, spirituality, social change, and creativity. She is the author of *The Seeker's Guide: Making Your Life a Spiritual Adventure* and *Broken Open*.

Elizabeth Lesser Quotes (Author of Broken Open) - Goodreads

134 quotes from Elizabeth Lesser: 'Adversity is a natural part of being human. It is the height of arrogance to prescribe a moral code or health regime or spiritual practice as an amulet to keep things from falling apart. Things do fall apart. It is in their nature to do so. When we try to protect ourselves from the inevitability of change, we