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A Loss We Can Choose

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In the New York Times
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bestseller Broken Open,
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a beautifully crafted
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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

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defeated, or broken

open and transformed?

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book...Lesser is a

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of Sacred Contracts and

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She describes being

"broken open" by pain,

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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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practice, read about

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the power of prayer in
this excerpt of her book,
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Everything can change
in a moment; we have
little control over the
outer weather patterns
as we make our way
through the landscape of
a life.

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Lesser~~

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Lesser. “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

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Broken Open Quotes by

Elizabeth Lesser

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Elizabeth Lesser quotes

Showing 1-30 of 147.

“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

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Lesser
are the very ones that
can break us open and
help us blossom into
who we were meant to
be.”

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~~Elizabeth Lesser Quotes
(Author of Broken
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In a beautifully crafted
blend of moving stories,
humorous insights,
practical guidance, and
personal memoir, she

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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? 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

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By Elizabeth

purpose and passion.

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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 we all face in times of

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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.

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~~Elizabeth Lesser~~

In a beautifully crafted blend of moving stories, humorous insights,

practical guidance, and

personal memoir, she

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broken down and

defeated, or broken

open and transformed?

Lesser shares tales of

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ordinary people who
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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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9780375759918 ...~~

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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,

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the death of my father
and upheavals at
work—all of this had
happened in the space of
a few years.

~~'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

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times into times of
growth and
empowerment.

Elizabeth is the co-
founder of Omega...

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

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Lesser tools to help us
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their purpose and
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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

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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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