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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.

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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.

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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. Formerly a midwife, she attended Barnard College and San Francisco State University. The mother of three grown sons, she lives in the Hudson Valley with her husband.

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ELIZABETH LESSER is a bestselling author and the co-
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