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

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