



# Wise Mind, Open Mind: Finding Purpose and Meaning in Times of Crisis, Loss, and Change

By Ronald Alexander PhD

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Though it's nearly impossible to imagine, times of personal crisis and upheaval are opportunities for self-reinvention and heightened artistic expression. Whether you are healing from a severed relationship, experiencing a job loss, or coping with another traumatic life transition, you can renew your strength and find new passion and purpose after things fall apart.

**Wise Mind, Open Mind** offers a powerful three-step mindfulness approach to help you navigate times of unwanted change, rediscover your inner well of creativity, and move forward with passion and purpose. This book combines techniques drawn from contemporary mind-body approaches, Buddhist psychology, mindfulness, creative thinking, and positive psychology to show you how to tap into your gifts and create a practical plan for personal transformation that will help you move through the challenges you face. You'll learn to overcome the five common hindrances that may be keeping you from true fulfillment and happiness. Finally, you'll be able to embrace your circumstances, utilizing them to create a renewed personal vision and welcome new possibilities and greater creativity into your life.

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**Wise Mind, Open Mind: Finding Purpose and Meaning in Times of Crisis, Loss, and Change** By Ronald Alexander PhD Bibliography

- Sales Rank: #403116 in Books
- Brand: Brand: New Harbinger Publications
- Published on: 2009-09-01
- Original language: English
- Number of items: 1
- Dimensions: 8.96" h x .48" w x 6.02" l, .69 pounds
- Binding: Paperback
- 224 pages

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### Editorial Review

Review

*...an outstanding guidebook to applying mindfulness practices to artfully navigate times of change and crisis.*

—Judith Orloff, MD, author of *Emotional Freedom*

From the Publisher

In **Wise Mind, Open Mind**, a pioneering psychotherapist shows readers how to use mindfulness, meditation, and Buddhist psychology to shift their perspective and open themselves to creativity in the face of crisis and upheaval.

About the Author

Ronald A. Alexander, PhD, is a licensed psychotherapist practicing mindfulness-based mind-body psychotherapy. He is director of Open Mind® Training Institute in Santa Monica, CA, and a pioneer in the fields of integrated medicine, somatic psychology, and transformational leadership coaching. He is a member of the American Psychological Association and the California Association of Marriage and Family Therapists. He is also an adjunct graduate faculty member at Pepperdine University, Pacifica Graduate Institute, and University of California, Los Angeles Extension.

Lama Surya Das is a lineage holder in the Dzogchen tradition of Tibetan Buddhism. Author of many books, poet, translator and meditation teacher, he is the founder of Dzogchen Center and a leading spokesperson for Buddhism in America. The Dalai Lama calls him 'The American Lama.'

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**Jean McCallum:**

Nowadays reading books be a little more than want or need but also work as a life style. This reading practice give you lot of advantages. The benefits you got of course the knowledge the particular information inside the book in which improve your knowledge and information. The details you get based on what kind of publication you read, if you want attract knowledge just go with training books but if you want feel happy read one using theme for entertaining for example comic or novel. Typically the **Wise Mind, Open Mind: Finding Purpose and Meaning in Times of Crisis, Loss, and Change** is kind of book which is giving the reader unstable experience.

**Erin Wright:**

This Wise Mind, Open Mind: Finding Purpose and Meaning in Times of Crisis, Loss, and Change is brand new way for you who has attention to look for some information mainly because it relief your hunger of information. Getting deeper you on it getting knowledge more you know otherwise you who still having tiny amount of digest in reading this Wise Mind, Open Mind: Finding Purpose and Meaning in Times of Crisis, Loss, and Change can be the light food in your case because the information inside that book is easy to get by simply anyone. These books acquire itself in the form that is reachable by anyone, yep I mean in the e-book web form. People who think that in publication form make them feel tired even dizzy this guide is the answer. So there is no in reading a reserve especially this one. You can find what you are looking for. It should be here for you. So , don't miss the item! Just read this e-book kind for your better life in addition to knowledge.

**Jackie Lund:**

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