



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

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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