

Creating a Resource Center for Those in Crisis!

Wise Mind Open Mind focuses on the building of mindstrength -- the ability to use mindfulness to master and refocus one's thoughts, beliefs and emotions in order to access their core creativity and become more empowered as a mindful leader. As the mind quiets, it opens into deeper states of awareness through a three-step process that resilient creative artists have mastered. Readers of **Wise Mind Open Mind** will learn how to:

- * Let go of the past
- * Tune into one's core creativity now
- * Move forward with passion and purpose

Words of Praise:

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

A crisis or upheaval can cause paralyzing grief, anger and the inability to imagine a way out of suffering. Pioneering psychotherapist Dr. Ronald Alexander's new book, ***Wise Mind Open Mind: Finding Purpose & Meaning in Times of Crisis, Loss & Change*** (New Harbinger) combines ancient Buddhist practices and tools with contemporary psychology to show how one can go beyond merely surviving pain to actually creating a new personal vision for experiencing joy, contentment, and vitality once again. To learn how you can create more harmony and well-being in your life go to: <http://www.ronaldalexander.com/books.html>. Also if you or someone you know is going through a challenging time check out www.OpenMindResourceCenter.com where you can find the tools and support you need to transform your crisis.

We have the creativity in us that creates the universe – all we need do is be aware of it. This book provides a wise roadmap to the treasure within. ... **Ram Dass** –

Transpersonal Psychologist, noted author of “Be Here Now” and “Still Here: Embracing Aging, Changing and Dying,” Dharma Teacher and Spiritual Guide.

This book is a lucid and inspiring guide on the spiritual path! ...

Tara Brach, PhD

- Author of “Radical Acceptance: Embracing Your Life with the Heart of a Buddha.”

I heartily recommend this book! ... **Lama Surya Das** -

Author of “Awaking the Buddha Within: Tibetan Wisdom for Western World”