



## Cracking Open 2nd Edition (Paperback)

By Molly Carroll

Blurb, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Molly Carroll is a non-fiction writer, artist, educator, and therapist who holds a Masters Degree in Counseling Psychology. She is an expert in her field with over 20 years of experience in education and mental health. Molly was chosen to do a TED talk, What Keeps Us Alive; // Molly's passion to help others has led her to work with Brene Brown, Dan Siegel, Jack Kornfield and have a private audience with His Holiness the Dalai Lama. Molly wrote and developed the artistic self-help journal Cracking Open, which draws on her own professional and personal experience. Is there something in your life you know deep down needs to transform or change? Are you looking for a place to grow, be honest, creative, and awake? Then Cracking Open is the book for you, welcome home. Cracking Open is a 130-page, twelve chapter, nonfiction artistic self help journal that is creative and interactive, providing opportunities for self-reflection and transformation. Cracking Open will make you laugh about the idiosyncrasies of life, be aware about the choices we make, and most importantly, recognize that we...



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