



Praise for *SOARING into Strength*

“Infused with her expansive love and deeply lived knowing, Lisa Buksbaum’s elegantly inspiring words will soar into your hearts to transform the isolation of illness into loving connectedness. Her profound faith and several tumultuous life experiences opened up powerful synchronicities and pathways to creating this global healing organization that models how to take active roles in self-healing through compassion for others.”

—Dr. Bernard Beitman, founder, Coincidence Project; visiting professor, University of Virginia; author, *Connecting with Coincidence*

“*SOARING into Strength* is an authentic coming-of-age story that provides us with a much-needed compass to navigate life’s challenges. Lisa masterfully weaves sound advice with comforting stories—which is precisely what we all need, today more than ever.”

—Dr. Tal Ben-Shahar, co-founder, Happiness Studies Academy

“This is an unusual kind of book, but then Lisa Buksbaum is an unusual kind of person. She has had a positive impact on hundreds of thousands of people, and this book illustrates why. You will be uplifted, inspired, elevated, and informed as well as moved to tears and caused to think deeply about your own life and those of loved ones. Lisa’s stories and examples, most of them deeply personal, illustrate key principles regarding well-being, resiliency, compassion, unselfishness, purpose, and triumph. I guarantee that you will be moved and enlightened by this book.”

—Dr. Kim Cameron, professor emeritus, Management & Organizations, University of Michigan; professor emeritus, Higher Education, University of Michigan

“Like a flowing river, life is never still. *SOARING into Strength* is an emotional tour de force that takes you on a fast-paced journey through many twists and turns with bracing candor, abundant humor, and steadfast determination. Buksbaum is a compelling and reliable guide who will transport you to distant shores, somehow wiser and definitely more hopeful.”

—Chip Conley, New York Times best-selling author, *Wisdom@Work*; founder, Modern Elder Academy

“After a trifecta of calamities, Lisa Honig Buksbaum founded Soaringwords, a charity that seeks to help ill children and their families to heal. Everyone can pay-it-forward by doing something positive for someone else. It’s great to hear, ‘This was the happiest day of my life because I learned that I could make a difference.’ That’s the gift of Soaringwords.”

—*The Chronicle of Philanthropy*

“*SOARING into Strength* is a moving narrative of how the author, challenged by her own family health difficulties, resolved to create an organization that uses Positive Psychology to not only allow self-healing, but to also allow one to pay it forward. A powerful and poignant story of the power each of us has to heal ourselves.”

—Dr. James R. Doty, founder and director, Center for Compassion and Altruism Research and Education at Stanford University; *New York Times* and international best-selling author, *Into the Magic Shop*

“Lisa Buksbaum is a marvelous storyteller who generously shares her life story with the whimsical nostalgia evocative of Judy Blume; the searing emotional tightrope of trauma and loss of Joan Didion; and the side-splitting, consistently wry humor of David Sedaris. You’ll fall in love with a beloved cast of characters and discover the healing power of kindness and courage.”

—Dr. Jane Dutton, co-founder, Center for Positive Organizations, Ross School of Business, University of Michigan; author, *Energize Your Workplace*, *Awakening Compassion at Work*, and *How to Be a Positive Leader*

“An emotional tour de force where the protagonist is often led by the small still voice that resides within. *SOARING into Strength* inspires us to listen to our inner knowingness as a powerful compass that will guide us along rocky terrain of life. Packed with evocative stories and beautiful imagery, this book will touch the deepest recesses of your soul.”

—Rachel Epstein, director, *American Institute of Mental Imagery (AIMI)*

“This book is a treasure to read. The author takes you on a journey through childhood into adulthood with such intimacy and details that evoke joy, sorrow, and laughter. I found myself tearing up, smiling, and laughing aloud. I so enjoyed getting to know this courageous and audacious heroine. This deeply personal memoir shares so many universal truths that anyone will relate to and be inspired. As a doctor and healer, this book has had a lasting impression on my soul.”

—Dr. Ken Harris, founder and director, Mind-Body Wellness Education Center; transformational teacher, author, speaker, and healer

“Lisa’s story of how she found a way to transform pain, stigma, misery, and loss into an opportunity to help reduce those things in others is inspiring. It’s so important we all learn how to talk openly about illness, disabilities, and grief, and stop pretending they’re not part of life. Lisa’s work makes life’s hardest moments that bit easier.”

—Dr. Lucy Hone, author, *Resilient Grieving*; co-founder, Coping With Loss community

“In a world sorely needing hope, faith, and enduring and endearing role models, *SOARING into Strength* provides a roadmap for living a life infused with kindness, wisdom, and humor. This memoir is very relevant in these fraught times. Buksbaum transcends life’s traumas and challenges with steadfast determination, abundant moxy, and an enormous heart. I highly recommend this powerful, enjoyable read.”

—Dr. Scott Barry Kaufman, best-selling author, *Transcend*; professor, Columbia University; host, *The Psychology Podcast*; writer, *Beautiful Minds* column for *Scientific American*

“Whether tending to a blind duck at the local park or beating the crap out of bullies while they were attacking her younger brother, Buksbaum’s biting humor and indomitable spirit will inspire you to become the hero of your own life. After experiencing multiple setbacks and challenges, Lisa launched Soaringwords, a global movement to inspire millions of people to believe they are stronger than they ever imagined.”

—Joselin Linder, author, *The Family Gene*

“Buksbaum writes with great warmth, honesty, wit, and wisdom—infused with a deep spiritual and intuitive understanding. Lisa has a transcendent capacity to describe personal life events involving challenge, loss, and grief in a way that is profoundly heartening and uplifting. *SOARING into Strength* spells out the formative and synchronistic experiences that led Lisa to establish Soaringwords, a remarkable organization that has touched the lives of vast numbers of people, including those impacted by serious illness. Lisa’s story demonstrates how vulnerability can be merged with personal strength and resilience, especially when expressed with love and compassion.”

—Chris Mackey, fellow, Australian Psychological Society; author, *The Positive Psychology of Synchronicity*

“Being human holds magnificence, the mundane, and mourning. Lisa weaves the threads of her life in a wonderfully relatable and heartfelt way, drawing us into our own human experiences by reading hers. This book gives hope, even when life is unexpectedly harsh.”

—Megan McDonough, founder, Wholebeing Institute

“Awakening is a quest. Each one of us has the innate ability to open our eyes, our hearts, and our deeper being to a profound connection to the field of life. This is our birthright. *SOARING into Strength* is a magnificent memoir that offers a front-row seat to Lisa Buksbaum’s quest with a heightened sense of awe, gratitude, and resilience. Synchronicity, faith, and deep knowledge of Positive Psychology propel her to transform trauma into a wellspring of healing for herself and for others.

—Dr. Lisa Miller, founder and professor, Spirituality and Mind-Body Institute, Columbia University, Teachers College; author, *The Awakened Brain* and *New York Times* bestseller *The Spiritual Child*

“This is an authentic, captivating, and inspiring book. Turning pain and suffering into meaning, Lisa reminds us that we can all matter, even under the most difficult circumstances. I had a hard time putting the book down, and I know you will too. It will engulf you and invigorate you.”

—Dr. Isaac Prilleltensky, co-author with Ora Prilleltensky, *How People Matter*; former dean, School of Education and Human Development, University of Miami; former vice provost for Institutional Culture, University of Miami

“*SOARING into Strength* is a beautifully written reminder to keep going, to keep loving, and to keep faith, gracefully enabling the reader to recognize their own heroic qualities of compassion, courage, and vigor.”

—Sharon Salzberg, author, *Lovingkindness and Real Change*

“One of the biggest lessons I’ve learned since I lost my husband Dave is the role we all can play in lifting each other through hardship. But sometimes it’s hard to know what to say or do. In Lisa Buksbaum’s *Soaring into Strength*, you’ll find the right words and thoughtful gestures to offer support to people in your life. This book will help all of us show up for those who need it most.”

—Sheryl Sandberg, former chief operating officer, Meta; founder, Lean In and Option B; best-selling author, *Lean In and Option B*

“This book greets you as an autobiographical collection of stories but is truly a meditation on strength, positivity, and resilience—an ode to how we can keep going during difficulties, big and small, while still preserving a sense of grace, beauty, and lively encouragement of others. Lisa Buksbaum emerges through this book as a shining and positive presence for other people, with a purpose for encouraging others that is hard-won.”

—Dr. Michael F. Steger, founder and director, Center for Meaning and Purpose; professor of psychology, Colorado State University

“I loved this book! I have been a guest expert on the *SOARING into Strength* podcast and met Lisa at several international positive psychology conferences. But now I feel I have had the opportunity to know her in a much deeper way. She has invited me, like all of her readers, into her life. I laughed a lot and I cried when I read *SOARING into Strength*, and I could almost feel the love coming out of the pages. I admire Lisa and Soaringwords, and I hope many people will be touched by her experience like I was.”

—Dr. Margarita Tarragona, president, Mexican Positive Psychology Society; psychologist; author, *Positive Identities*; faculty, University of Pennsylvania Online Certificate in Applied Positive Psychology

“In her memoir, Lisa Buksbaum offers us stories from throughout her life in an engaging style, and the insights that show how we all learn from joys and sorrows. It is no wonder that her organization Soaringwords is also a combination of those essentials of life. Many readers will come to reflect on their own life stories and see them in a new and more meaningful light after reading Lisa's work.”

—Dr. Richard Tedeschi, pioneering scientist and psychologist who coined the term Post-Traumatic Growth; author, *Transformed by Trauma*

“Lisa Buksbaum heals her pain with love and takes us on her journey offering hope and inspiration. She shows us not only how to bounce back—but to bounce forward.”

—Dr. Dan Tomasulo, academic director, Spirituality Mind Body Institute, Teachers College, Columbia University; author, *Learned Hopefulness*

“A journey through trauma to growth that is insightful and inspiring. Lisa Buksbaum shows us how we can heal ourselves and extend that healing to others.”

—Dr. Lea Waters, psychologist; researcher; speaker; author, *The Strength Switch*