

Susan Piver is a Buddhist teacher and the New York Times bestselling author of six books, including *The Hard Questions* (Tarcher) and the award-winning *How Not to Be Afraid of Your Own Life* (St. Martin's Press). Her latest book is entitled *The Wisdom of a Broken Heart* (Free Press).

Piver has been a student of Buddhism since 1995, attended a Buddhist seminary in 2004 and was authorized to teach meditation in the Shambhala Buddhist lineage in 2005.

She teaches workshops and speaks all over the world on meditation, spirituality, communication styles, relationships and creativity. She wrote the relationships column for *body + soul* magazine, is the meditation expert and contributor at drweil.com, and is a frequent guest on network television, including The Oprah Winfrey Show, Today, CNN, and The Tyra Banks Show. Her work has been featured in the New York Times, the Wall Street Journal, TIME, Parade, Money, and others.

In 2011, Piver launched The Open Heart Project, an online meditation community which with nearly 5000 members who practice meditation together and explore ways to bring spiritual values such as kindness, genuineness and fearlessness to everyday life.