



the power to heal

NEWSLETTER

NOVEMBER 2022



Welcome to SOARING into Strength

BY LISA HONIG BUKSBAUM, CEO & FOUNDER

As a passionate—a visionary driven by great passion and action—I love to create things that inspire others to experience greater physical, emotional, and mental well-being.

Last week, I celebrated the publishing of my debut memoir *SOARING into Strength: Love Transcends Pain* at an elegant launch party at Eric Alt Salon in Allendale, New Jersey. As I stood at the podium gazing out at all those who attended—people who I knew and also new faces—it was the culmination of a passion project 10 years in the making. It was a great joy to read several stories, autograph books, and get feedback from people.

I am swimming in gratitude for the generosity of Eric Alt who hosted the soiree and Luis Villabon, the talented actor and my wonderful voice teacher who performed "For Good" as the finale. Event photos are on page 6.

Recently, I also attended the annual Master of Applied Positive Psychology (MAPP) Global Summit in Philadelphia where we celebrated the 80th birthday of Dr. Martin Seligman, founder of the field of Positive Psychology with 275 graduates at the forefront of health care, business,

public policy, education, and coaching. Us MAPPsters are dedicated to helping people flourish based on the latest scientific discoveries in Positive Psychology. There was a lot of hugging. Watch Marty's reaction when I shared the impact he had on my life in the story from the chapter in my book, *How I Stumbled on Positive Psychology on the Up Escalator*, [HERE](#). As we enter the winter holiday season, it's the perfect time to share some gratitude for yourself and those around you. Depression and anxiety are highest this time of year, so try to take some time to enjoy things that give you joy such as walking in nature, reading that book you've wanted to read but never found the time, or doing something kind for someone else. Each month, this newsletter will invite you to join us at upcoming events and bring you up to date on recent press coverage, podcasts, blogs, and photos in case you missed them on our social media.

I'm sending you strength and love,

lisa@soaringwords.org

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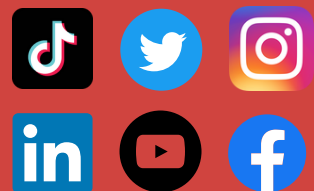
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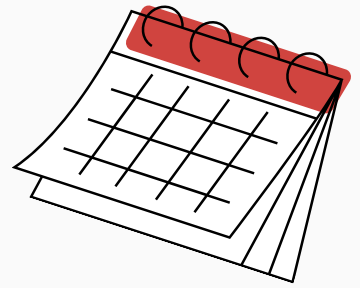
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RECENT EVENTS



Sci-Why Live Podcast: Primal World Beliefs

5 P.M. EST | NOV. 8 | VIRTUAL

Sci-Why is a live, virtual podcast hosted by the International Positive Psychology Association (IPPA). IPPA members around the world learned about Primal World Beliefs with Dr. Jer Clifton, Ph.D., director of the UPenn Primals Project, and Lisa Honig Buksbaum, exploring how our primal world beliefs impact how we navigate life. This session culminated with an engaging Q&A with Clifton.

SOARING into Narrative

12 P.M. EST | NOV. 17 | VIRTUAL

Learn how to become the hero of your life by harnessing the power of positive narrative to tell your story with resilience, authenticity, empathy, and joy. With Lisa Honig Buksbaum and Dr. Margarita Tarragona (psychologist; author; faculty, University of Pennsylvania), discover how our words shape our thoughts and actions and how to effectively use positive language to enhance your life.

Register [HERE](#)

SOARING into Gratitude

12 P.M. EST | DEC. 1 | VIRTUAL

Build a gratitude practice with Lisa Honig Buksbaum and Dr. Dan Tomasulo (academic director, Spirituality Mind Body Institute at Columbia University). Explore the healing benefits of gratitude on personal well-being, relationships, and communal flourishing. Sponsored by Tampa Jewish Family Services and Love IV Lawrence Foundation.

Register [HERE](#)

Virtual Book Launch

6 P.M. EST | DEC. 6 | VIRTUAL

Join author Lisa Honig Buksbaum for a riveting Zoom launch party. Lisa will read stories from SOARING into Strength: Love Transcends Pain and answer questions with some special guests. Order the book on Amazon [HERE](#).

Register [HERE](#)

IN THE NEWS



Lupus Foundation of New England's TILLY podcast

Caregiver Story

TILLY kicks off Season 12 with caregiver, author and nonprofit founder Lisa Honig Buksbaum's story. The episode dove into her new memoir, *Soaring Into Strength: Love Transcends Pain* that shares her trifecta of trauma in a short 10 month span where close family members became ill and/or passed away, and how she used these experiences to change the lives of others. TILLY is brought to you by The Lupus Foundation of New England.

[Listen to the episode](#)



Marisa Zeppieri-Caruana, host of TILLY with the Lupus Foundation of New England.

Your Tango

How I Met My Beshert on the Dance Floor

A handsome man in a magenta sweater and black jeans crashed the 1983 end-of-semester party at Columbia Business School.

His enormous aviator eyeglasses were made of clear acrylic, which gave him a cool, downtown-artist vibe. I looked really good wearing a black jumpsuit. I just had to ask him to dance...

[Read the article](#)

UpJourney

45+ Signs of a Negative Person

My father was diagnosed with non-Hodgkin's Lymphoma, the worst kind in the worst stage. The head of oncology told my mother and me that it was impossible for my father to live and that we should get his affairs in order immediately. Fortunately, the doctor was wrong, and my father lived cancer free for 19 years. I learned firsthand from this experience how negative people suck all the energy out of the room, which prohibits hope from breathing...

[Read the article](#)

How to be a Good Mother

At its best, maternal love is *abundant* and *constant*. Yet, as any mother appreciates, motherhood is a dynamic, ever-changing experience. We delight in watching our children grow and change, but we are also constantly evolving.

[Read the article](#)



Fearless Aging podcast

SOARING into Strength

Learn foundational concepts for overcoming great challenges and for aging fearlessly from Lisa Honig Buksbaum's debut memoir *SOARING into Strength: Love Transcends Pain*.

Fearless Aging is a podcast hosted by Rico Caveglia about why and how to live a long healthy, fit, and energetic life.

[Listen to the episode](#)

Destination Unlimited radio

SOARING into Strength

Lisa Honig Buksbaum had three experiences with death and illness in her family in a 10-month period. When her family's world imploded, she felt as if she had become irrevocably damaged. Instead, she collided with her calling during a sunrise walk along the beach hearing the word "Soaringwords," and suddenly knew why she was born. Destination Unlimited is a radio show hosted by Victor Fuhrman.

[Listen to the show](#)

SOARING into Strength Blog



Just Sit There!

Everyone is familiar with Nike's iconic global theme line "JUST DO IT!" It's one of the most recognized and celebrated catch-phrases of all time, written by advertising legend Dan Weiden who recently went to that running track in the great beyond. Chances are, when you hear the "JUST DO IT" call to action, you experience a burst of adrenaline and feel motivated to dive into whatever audacious goals you've set. Over the past couple of years, a new mantra has emerged which gained traction amongst us overachievers who might be experiencing a healthy dose of burn-out. This new motto is "Don't do something, just sit there!" When I first heard this catchy phrase it literally put my brain on pause. I had to unpack the words a few times before I smiled and laughed. Hearing this was a delightful relief after decades of full-throttle living...

[READ MORE](#)



Open to Alchemy: What's Your Story?

Researchers Jonathan Haidt and Dacher Keltner identified awe as a "collective emotion" that is motivational and inspires people to be part of something bigger than themselves. These micro-moments of awe and wonder elevate and transform us physically, emotionally, and mentally. These are moments of alchemy. Alchemy is defined as a seemingly magical process of transformation, creation, or combination. Alchemy was the precursor to chemistry when, in medieval times, people attempted to convert base metals into gold or to find a universal elixir. Today you don't need to visit a magic shop or obtain a Ph.D. in chemistry to practice alchemy. Instead, whenever you set an intention to become "open to being open" you can awaken your senses in order to begin to experience these micro-moments and joy and wonder that surround all of us 24/7...

[READ MORE](#)



Forest Bathing: Autumnal Therapy

Due to modernization and the proliferation of urbanization, many people living today suffer from Nature Deficit Disorder as a result of spending most of their lives indoors, far removed from nature and natural settings. *The Journal of Psychology Science* states that taking a one-hour walk in nature can improve attention span and memory by 20 percent. Within minutes of embarking on a forest bathing walk, one can experience a powerful, positive subtle shift. When we turn off electronic devices and enter a natural setting with the intention of being fully present to the wonder of the experience, nature meets us in unexpected and delightful ways. Simply put, when we walk outdoors, it amplifies all of our senses, which has a positive cascading impact on our health...

[READ MORE](#)



SOARING into Strength Positive Health Initiative

The SOARING into Strength Positive Health Initiative includes 23 virtual or in-person workshops anchored by empirically valid behavioral exercises with a trauma-informed and person-centered approach to promote dignity, resiliency, and measurably improved well-being. These turn-key initiatives are fueled by the latest scientific findings in Positive Psychology and feature thought leaders who are approachable, likable, credible, and communicate cultural competency and humility. No other organization has amassed such an extensive lineup of internationally recognized positive psychology thought leaders in one comprehensive initiative including Dr. Richard Tedeschi, expert on Post-Traumatic Growth; Dr. Angela Duckworth, expert on resilience; Dr. Isaac Prilleltensky and Dr. Julie Haizlip, experts on mattering; and Dr. Kristin Neff, expert on self-compassion; and Dr. Jer Clifton, expert on Primal World Beliefs. Additionally, we have created companion workbooks filled with Appreciative Inquiry prompts which encourage participants to internalize key concepts and learnings. We also support continued development with our Positive Dose Effect follow-up system: short, weekly video reminders that help to create meaningful and lasting change.

Check out the following letters to see how we can collaborate!

- [Corporate](#)
- [Health and Human Service](#)
- [Nonprofit](#)

NOVEMBER FEATURED WORKSHOPS



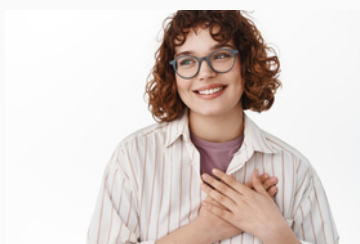
SOARING into Character Strengths



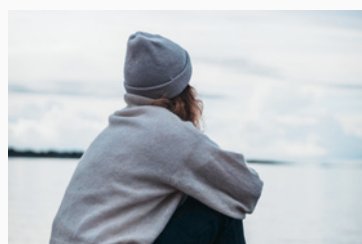
SOARING into Post-Traumatic Growth



SOARING into Resilience



SOARING into Gratitude



Why Loneliness Matters



SOARING into Altruism

VIEW THE FULL
WORKSHOP ROSTER
[HERE](#)

Photo Gallery



Lisa Honig Buksbaum and Eric Alt at the *SOARING into Strength* book launch soiree Nov. 1.



Autographing books galore!



Soaringwords' *SOARING into Strength* into Primal World Beliefs with Dr. Jer Clifton at Accenture's day of service Oct. 10



Filming Soaringwords social media videos on the streets of New York City.



SOARING into Strength in the NYC subways.



Soon-to-be a best-seller!