

FOR IMMEDIATE RELEASE
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OMEGA COFOUNDER ELIZABETH LESSER TO APPEAR ON OWN: OPRAH WINFREY NETWORK'S '*SUPER SOUL SUNDAY*'

The Emmy® Award-winning Series Featuring 'The Bigger Picture With Oprah, Rev. Ed Bacon, Elizabeth Lesser & Mark Nepo' Airs Sunday, May 26, at 11:00 a.m. ET/PT on OWN

RHINEBECK, NY – [Omega Institute](#) cofounder and *New York Times* best-selling author, Elizabeth Lesser, sits down with Oprah Winfrey, Rev. Ed Bacon, and Mark Nepo on the Emmy® Award-winning series "[Super Soul Sunday](#)" Sunday, May 26, 2013, at 11:00 a.m. ET/PT on [OWN: Oprah Winfrey Network](#). The very special episode, "The Bigger Picture," will feature a panel discussion about today's top global headlines, bringing unique and thoughtful perspective to world news topics ranging from prescription drugs to terrorism, gun violence, and our fascination with celebrity culture.

Said Elizabeth Lesser, "*With the opportunity to connect with news 24-7 from around the world, we're bombarded with way too much information that often seems more like a video game than a thoughtful exploration of issues that affect all of us. Therefore, I was thrilled to join this conversation about the deeper meaning and bigger picture of life in today's world.*"

Viewers can join the global conversation online via Oprah.com, Facebook, and Twitter using #SuperSoulSunday. Simulcasting worldwide on Oprah.com and [Facebook](#).

About Elizabeth Lesser

Elizabeth Lesser is cofounder of Omega and a senior advisor. She is the *New York Times* best-selling author of *The Seeker's Guide* and *Broken Open*. For more than 30 years, she has studied and worked with leading figures in the fields of emotional intelligence and healing—healing self and healing society. For much of that time, Lesser was a driving force at Omega, helping to lead the organization, create the curriculum, and spearhead many of its programs, including the Women & Power conferences, which offer a dialogue between women in leadership positions in a variety of areas—government, religion, media, the arts, and more. Lesser helped Oprah Winfrey produce the 10-week webinar for Eckhart Tolle's book, *A New Earth*. Since then, she has appeared several times on the *Oprah Winfrey Show* and Oprah.com webcasts, and is a frequent host on the Oprah Radio channel on Sirius/XM. Lesser is also a frequent speaker at conferences nationwide.

About Super Soul Sunday

Super Soul Sunday is the multi-award winning daytime series that delivers a timely thought-

provoking, eye-opening, and inspiring block of programming designed to help viewers awaken to their best selves and discover a deeper connection to the world around them. Recognized by the National Academy of Television Arts & Sciences with a Daytime Emmy® award, the Alliance of Women in Media Foundation with a Gracie award, and the Religion Communicators Council with a Wilbur award, *Super Soul Sunday* features all-new conversations between Oprah Winfrey and top thinkers, authors, visionaries, and spiritual leaders. Exploring themes and issues including happiness, personal fulfillment, spirituality, and conscious living, guests who have appeared include Nobel laureate Elie Wiesel, Wayne Dyer, Gary Zukav, Debbie Ford, Marianne Williamson, Ram Dass, Eckhart Tolle, Sarah Ban Breathnach, Daniel Pink, and Thich Nhat Hanh. Home to Oprah's Book Club 2.0, the series has helped surge book sales of best-selling author Cheryl Strayed and debut novelist Ayana Mathis. The series also frequently presents Rainn Wilson's collection of uplifting short films created under his SoulPancake banner. A truly unique television experience, this groundbreaking series has attracted one of the most loyal, active, and engaged social communities in television. Every episode has ranked in the top 10 most social shows in broadcast television and cable, spiking to number one more than 12 times (source: Bluefin Data). Produced by Harpo Studios, *Super Soul Sunday* presents an array of perspectives on what it means to be alive in today's world.

About Omega Institute for Holistic Studies

Founded in 1977, Omega Institute for Holistic Studies is the nation's most trusted source for wellness and personal growth. As a nonprofit organization, Omega offers diverse and innovative educational experiences that inspire an integrated approach to personal and social change. Located on 200 acres in the beautiful Hudson Valley, Omega welcomes more than 23,000 people to its workshops, conferences, and retreats in Rhinebeck, New York, and at exceptional locations around the world. eOmega.org

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