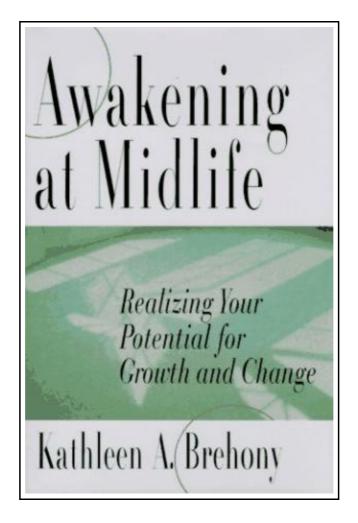
Awakening at Midlife



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Reviews

This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book. (Miss Vernie Schimmel)

AWAKENING AT MIDLIFE



Riverhead Hardcover, 1996. Hardcover. Book Condition: New. Dust Jacket Condition: Very Good+ DJ. First Edition. Riverhead Hardcover 1996 First Edition New/Very Good+ DJ Slight wear to bright glossy jacket. From Groundbreaking books like Gail Sheehy's Passages have shown that adults, as well as children, navigate major developmental stages. Many people still view the "midlife crisis" askance, however, believing that it consists of red sports cars for men and empty-nest syndrome for women. Jungian psychologist Brehony argues passionately that the midlife transition is a painful period in which ways of coping that served well during young adulthood crumble. She insists that all adults confront the midlife transition, though it is often diagnosed as isolated instances of depression or anxiety. During midlife, she explains, a terrifying sense of losing one's identity or a mind-numbing boredom actually herald the imminent breakthrough of a deeper, more powerful self, the potency of which can seem overwhelming. Brehony assures readers that a successful completion of the midlife transit results in a richer appreciation of life, along with the sense that one is living from the core of one's being. She proceeds to outline tools to cope with the crisis, from building support systems to dreamwork and prayer. Some of her suggestions here are familiar, and the Jungian cast of her text may leave cold those who haven't embraced the Swiss psychiatrist's ideas. Brehony speaks eloquently within this particular framework, however, and other Jungians should find much of note here. 1996 With 15 years of experience as a Jungian psychotherapist, Brehony has a view of midlife awakenings that focuses on the spiritual deepening of the self and a broad understanding of the science and mystery of the second half of life's journey. Neither a slick pop-psychology overview nor a scholarly textbook, this straightforward discussion is the ideal...



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