

The Spiritual Challenge Of Midlife Crisis And Opportunity

John Robinson presents the compelling journey from youth to middle age in this study of the spiritual and psychological realities of male midlife.

Midlife is a season of challenge and change—professionally, relationally, physically, and spiritually. But "midlife" doesn't have to be synonymous with "crisis" within our marriages. With vulnerability and insight, this book will inspire and encourage you to invest in your relationship with your spouse, enabling you both to thrive as you face this era together. The first woman to circumnavigate Lake Superior by kayak retraces her sixty-five day journey through raging storms and freezing cold into the light of spiritual fulfillment

At midlife, our perspective can become blurry. Midlife is a disruptive season where we collide with limitations on all sides. We recognize there is more of life in the rearview mirror than on the road ahead of us. We wonder if our lives so far have been worthwhile. We are uncertain about what lies ahead. But midlife is also an opportunity to recalibrate our vision. It's a time to look back, take stock of our lives so far, and refocus on new dimensions of identity and calling. Peter Greer and Greg Lafferty offer insight for navigating midlife with fresh clarity and purpose. Drawing on the wisdom of the book of Ecclesiastes, they show how we can come to grips with the realities of who we are and what we should become in the years ahead. In a world that can seem meaningless at times, God offers perspective that anchors us, renews us and propels us back into the world in meaningful mission and service. Rediscover who God has called you to be. And see the rest of your life with the clarity of 40/40 vision.

What does it really mean to be a grown up in today's world? We assume that once we "get it together" with the right job, marry the right person, have children, and buy a home, all is settled and well. But adulthood presents varying levels of growth, and is rarely the respite of stability we expected. Turbulent emotional shifts can take place anywhere between the age of thirty-five and seventy when we question the choices we've made, realize our limitations, and feel stuck—commonly known as the "midlife crisis." Jungian psycho-analyst James Hollis believes it is only in the second half of life that we can truly come to know who we are and thus create a life that has meaning. In *Finding Meaning in the Second Half of Life*, Hollis explores the ways we can grow and evolve to fully become ourselves when the traditional roles of adulthood aren't quite working for us, revealing a new way of uncovering and embracing our authentic selves. Offering wisdom to anyone facing a career that no longer seems fulfilling, a long-term relationship that has shifted, or family transitions that raise issues of aging and mortality, *Finding Meaning in the Second Half of Life* provides a reassuring message and a crucial bridge across this critical passage of adult development.

NAMED ONE OF THE BEST BOOKS OF THE YEAR BY People ? O: The Oprah Magazine ? Financial Times ? Kansas City Star ? BookPage ? Kirkus Reviews ? Publishers Weekly ? Booklist NEW YORK TIMES BESTSELLER “A stunner.”—Justin Cronin “It’s never the disasters you see coming that finally come to pass—it’s the ones you don’t expect at all,” says Julia, in this spellbinding novel of catastrophe and survival by a superb new writer. Luminous, suspenseful, unforgettable, *The Age of Miracles* tells the haunting and beautiful story of Julia and her family as they struggle to live in a time of extraordinary change. On an ordinary Saturday in a California suburb, Julia awakes to discover that something has happened to the rotation of the earth. The days and nights are growing longer and longer; gravity is affected; the birds, the tides, human behavior, and cosmic rhythms are thrown into disarray. In a world that seems filled with danger and loss, Julia also must face surprising developments in herself, and in her personal world—divisions widening between her parents, strange behavior by her friends, the pain and vulnerability of first love, a growing sense of isolation, and a surprising, rebellious new strength. With crystalline prose and the indelible magic of a born storyteller, Karen Thompson Walker gives us a breathtaking portrait of people finding ways to go on in an ever-evolving world. “Gripping drama . . . flawlessly written; it could be the most assured debut by an American writer since Jennifer Egan’s *Emerald City*.”—The Denver Post “Pure magnificence.”—Nathan Englander “Provides solace with its wisdom, compassion, and elegance.”—Curtis Sittenfeld “Riveting, heartbreaking, profoundly moving.”—Kirkus Reviews (starred review) Look for special features inside. Join the Circle for author chats and more.

Need something new? Midlife brings changes, responsibilities, losses. Meanwhile, in your personal walk with God, things may have become ho-hum. Can God meet you if you take a new and fresh path? He surely can! Lynne Baab writes, "At midlife one of our tasks is to discover patterns of living that will endure through the second half of our lives and give us pleasure, joy and connection with God in new ways." She introduces us to six time-tested patterns of spiritual discipline, showing how they may help us combat spiritual restlessness and ennui, helping us find fresh paths for the years ahead. Each chapter ends with thought-provoking questions for reflection, helping you to deepen your understanding of your own needs and what God is calling you to in the days ahead. In *A Renewed Spirituality*, you'll read about Celtic Christian spirituality: God's presence in everyday life Nature: A gift from God that calls us to worship Sabbath: Learning to Rest in God Benedictine Spirituality: Worshiping in ordinary life From Head to Heart: Experiencing God's truth through creativity and beauty Contemplative Prayer: Letting God speak through Scripture and silence Midlife can be an exciting season—a time of discovery and new beginnings. Join Lynne Baab to explore new patterns of prayer and spiritual discipline to foster your continued growth!

Philosophical wisdom and practical advice for overcoming the problems of middle age How can you reconcile yourself

with the lives you will never lead, with possibilities foreclosed, and with nostalgia for lost youth? How can you accept the failings of the past, the sense of futility in the tasks that consume the present, and the prospect of death that blights the future? In this self-help book with a difference, Kieran Setiya confronts the inevitable challenges of adulthood and middle age, showing how philosophy can help you thrive. You will learn why missing out might be a good thing, how options are overrated, and when you should be glad you made a mistake. You will be introduced to philosophical consolations for mortality. And you will learn what it would mean to live in the present, how it could solve your midlife crisis, and why meditation helps. Ranging from Aristotle, Schopenhauer, and John Stuart Mill to Virginia Woolf and Simone de Beauvoir, as well as drawing on Setiya's own experience, *Midlife* combines imaginative ideas, surprising insights, and practical advice. Writing with wisdom and wit, Setiya makes a wry but passionate case for philosophy as a guide to life.

In 2017, Anne Bokma embarked on a quest to become a more spiritual person. After leaving the fundamentalist religion of her youth, she became one of the eighty million North Americans who consider themselves spiritual-but-not-religious, the fastest growing "faith" category. In mid-life she found herself addicted to busyness, drinking too much, hooked on social media, dreading the empty nest and still struggling with alienation from her ultra-religious family. In response, she set out on a year-long whirlwind adventure to immerse herself in a variety of sacred practices—each of which proved to be illuminating in unexpected ways—to try to develop her own definition of what it means to be spiritual. In *My Year of Living Spiritually*, Bokma documents a diverse range of soulful first-person experiences—from taking a dip in Thoreau's Walden Pond, to trying magic mushrooms for the first time, booking herself into a remote treehouse as an experiment in solitude, singing in a deathbed choir and enrolling in a week-long witch camp—in an entertaining and enlightening way that will compel readers (non-believers and believers alike) to try a few spiritual practices of their own. Along the way, she reconsiders key relationships in her life and begins to experience the greater depth of meaning, connection, gratitude, simplicity and inner peace that we all long for. Readers will find it an inspiring roadmap for their own spiritual journeys.

• Thoughtful exploration of midlife spirituality through the prism of nature walks • Study questions for each section Roger Owens, facing a "dark night of the soul" as he turned forty and entered midlife, was encouraged by his spiritual director to think of it instead as a "threshold of discovery." Rather than go on a grand adventure like walking the Appalachian Trail or the Camino de Santiago, he decided to mark his fortieth year by taking forty walks in a nearby nature preserve. With patience and attention, he explored the concerns rising within him: the inevitability of death, his boredom with life, and the reality of his changing faith, changing images of God, and changing sense of self. The result is forty short chapters that weave together insightful stories of his walks with accessible history and practices of Christian spirituality and the lives of saints. This field guide to the spirituality of midlife facilitates readers' personal journeys through

questions of faith, purpose, and relationships. It is not solely a memoir, but a work of wisdom literature that uses engaging first-person narratives to explore universal themes and spiritual inquiry. Wise and imaginative, and with study questions for each section, *Threshold of Discovery* is the companion guide for a thoughtful Christian journey.

Celebrated author and Benedictine monk Anselm Grun offers a daily reader of very simple and often quite direct Advent reflections. This title brings his spiritual wisdom to American readers who are eager for a new voice among titles for the Advent and Christmas season.

Midlife is more than a crisis. It is a summons to grow and a challenge to change. Midlife beckons one inward. It is a move to interiority, a passage to the deeper places where we discover our authenticity, where we realize both our limitations and our grandeur.

Title #59. Why do so many go through so much disruption in their middle years? Why then? Why do we consider it to be a crisis? What does the pattern mean and how can we survive it? *The Middle Passage* shows how we may pass through midlife consciously, rendering our lives more meaningful and the second half of life immeasurably richer.

An easy, conversational book that takes on the major issues of midlife including family, relationships, social responsibility, and spiritual practices. An ideal resource for individual reflection or adult study groups.

There is a scarcity of professional literature and research that focuses on women's spiritual development and experiences and how it may differ from that of men. For women, the spiritual is often inner focused, rather than transcendent; relational, rather than solitary; and interdependent, rather than autonomous. Using a relational approach, *Dancing the Labyrinth* integrates knowledge of women's psychological and spiritual development and the stories of a diverse group of women to examine how spirituality changes over the adult life course; the catalysts for said changes (e.g., the natural aging process or traumatic events); and feminist spirituality, which highlights the importance of relationships (to self, others, and God). While the authors focus on spirituality, they examine the experiences of women who express their spirituality within both traditional and non-traditional spiritual paths. The text also includes several chapters that highlight specific clinical interventions professionals can use to implement spirituality into their practice with women. Written in an engaging and accessible style, this book serves as a helpful resource for mental health practitioners, pastoral counselors, spiritual directors, and lay audiences interested in better understanding of the nuances of women's spiritual development and experiences.

This book precisely maps a unique journey that turns the problems and conflicts that inevitably arise in relationships into opportunities for deeper connection. Illuminating case studies, guided self-inquiries, and challenging exercises help you discover how to engage your partner in a deeper dialogue and find ways of expressing the most profound and untamed

aspects of your nature.

"In this warm, wise, and witty overview, Jonathan Rauch combines evidence and experience to show his fellow adults that the best is yet to come." —Steven Pinker, bestselling author of *Enlightenment Now* This book will change your life by showing you how life changes. Why does happiness get harder in your 40s? Why do you feel in a slump when you're successful? Where does this malaise come from? And, most importantly, will it ever end? Drawing on cutting-edge research, award-winning journalist Jonathan Rauch answers all these questions. He shows that from our 20s into our 40s, happiness follows a U-shaped trajectory, a "happiness curve," declining from the optimism of youth into what's often a long, low slump in middle age, before starting to rise again in our 50s. This isn't a midlife crisis, though. Rauch reveals that this slump is instead a natural stage of life—and an essential one. By shifting priorities away from competition and toward compassion, it equips you with new tools for wisdom and gratitude to win the third period of life. And Rauch can testify to this personally because it was his own slump, despite acclaim as a journalist and commentator that compelled him to investigate the happiness curve. His own story and the stories of many others from all walks of life—from a steelworker and a limo driver to a telecoms executive and a philanthropist—show how the ordeal of midlife malaise reboots our values and even our brains for a rebirth of gratitude. Full of insights and data and featuring many ways to endure the slump and avoid its perils and traps, *The Happiness Curve* doesn't just show you the dark forest of midlife, it helps you find a path through the trees. It also demonstrates how we can—and why we must—do more to help each other through the woods. Midlife is a journey we mustn't walk alone.

A compassionate guide for transforming aging into spiritual growth • Engage with 25 key questions guiding you to mine previously untapped veins of inspiration and courage • Find a constructive role for regret and fear and embrace the freedom to become more fully yourself • Draw from both Eastern and Western spiritual traditions and the latest research in psychological and religious theory to cultivate your spiritual potential As we enter the years beyond midlife, our quest for an approach to aging takes on added urgency and becomes even more relevant in our daily lives. Empowering a new generation of seekers to view aging as a spiritual path, authors Robert Weber and Carol Orsborn reveal that it is by engaging with the difficult questions about loss, meaning, and mortality--questions we can no longer put off or ignore--that we continue to grow. In fact, the realization of our full spiritual potential comes about not by avoiding the challenges aging brings our way but by working through them. Addressing head-on how to make the transition from fears about aging into a fuller, richer appreciation of the next phase of our lives, the authors guide you through 25 key questions that can help you embrace the shadow side of aging as well as the spiritual opportunities inherent in growing older. Sharing their stories and wisdom to both teach and demonstrate what it means to feel energized about the possibilities of your later years, they explore how to find a constructive role for regret, shame, and guilt, realize your value to society, and embrace the freedom of your later years to become more fully yourself. Coming from Catholic Jesuit and Jewish backgrounds respectively, as well as drawing from the latest research in psychological and religious theory, Weber and Orsborn provide their own conversational and candid answers to the 25 key questions, supporting their insightful and compassionate guidance with anecdotes, inspirational readings, and spiritual exercises. By engaging deeply with both the shadow and light sides of aging, our spirits not only learn to cope--but also to soar.

The Spiritual Challenge of MidlifeCrisis and OpportunityLiguori/Triumph

Proctor McCullough is 44 years old. When he decides to desert his comfortable, middle class life in London and build a church on a cliff top,

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nobody knows what to make of it; McCullough is not religious. Is it a midlife crisis? Has he gone mad? Is he suffering a spiritual crisis in a secular age, where identity is shaped by wealth and social media? Or has he really been chosen by God for a new revelation? Family of Love is an epic novel in the tradition of Dostoevsky; a character struggling to cope with the grand issues of modern life - faith, family, and his responsibility to society. Proctor McCullough is 44 years old. When he decides to desert his comfortable, middle class life in London and build a church on a clifftop, nobody knows what to make of it; McCullough is not religious. Is it a midlife crisis? Has he gone mad? Is he suffering a spiritual crisis in a secular age, where identity is shaped by wealth and social media? Or has he really been chosen by God for a new revelation?

The bestselling author's inspiring autobiographical account of personal pain, spiritual awakening, and divine grace. "Inspiring. Sue Monk Kidd is a direct literary descendant of Carson McCullers."—Baltimore Sun "Grounded in personal experience and bolstered with classic spiritual disciplines and Scripture, this book offers an alternative to fast-fix spirituality."—Bookstore Journal Blending her own experiences with an intimate grasp of spirituality, Sue Monk Kidd relates the passionate and moving tale of her spiritual crisis, when life seemed to have lost meaning and her longing for a hasty escape from the pain yielded to a discipline of "active waiting."

A dynamic and inspiring exploration of the new science that is redrawing the future for people in their forties, fifties, and sixties for the better—and for good. There's no such thing as an inevitable midlife crisis, Barbara Bradley Hagerty writes in this provocative, hopeful book. It's a myth, an illusion. New scientific research explodes the fable that midlife is a time when things start to go downhill for everybody. In fact, midlife can be a great new adventure, when you can embrace fresh possibilities, purposes, and pleasures. In *Life Reimagined*, Hagerty explains that midlife is about renewal: It's the time to renegotiate your purpose, refocus your relationships, and transform the way you think about the world and yourself. Drawing from emerging information in neurology, psychology, biology, genetics, and sociology—as well as her own story of midlife transformation—Hagerty redraws the map for people in midlife and plots a new course forward in understanding our health, our relationships, even our futures.

When you find the courage to change at midlife, Angeles Arrien teaches, "a miracle happens." Your character is opened, deepened, strengthened, softened. You return to your soul's highest values. You are now prepared to create your legacy: an imprint of your dream for our world - a dream that can fully come true in *The Second Half of Life*. Working with images, poetry, metaphors, and other forms of symbolic language from diverse world cultures, Dr. Arrien introduces us to the Eight Gates of Initiation. By mastering their lessons and gifts, you harvest the meaning and purpose of your life and come into spiritual maturity. With *The Second Half of Life*, she takes you step-by-step through each gate to deepen your most valuable relationships, reclaim your untended creative talents, and shift your focus from ambition to meaning to grow into the exceptional elder you've always imagined you would one day become.

This book is about the origin and expansion of the Judeo/Christian belief. The neo/technologies and ideo/evolution facing the 21st century have set the stage for a revised current and relevant history of the moral and intellectual journeys of the human species. These were Eras that became the spiritual, theological, and ideational "marvels of enlightenment" that occurred over millennia, always set within the context of Divine freedom. This reworked history can be best told in two parts. Part I tells us that God chose to make use of set-apart people to accomplish His Divine plan for Planet Earth; first, as Ancient Hebrews, then as Caucasian Alpha-Males, and finally as Evangelical Christians. Part II of this unique account involved "all about Jesus," the incarnate God, sent by the Father to help humanity understand His nature and intentions. Jesus became the visible expression of the invisible Deity. Accordingly, set-apart people were needed: (a) to counteract the all-

encompassing, moral depravity of the Ancient World; (b) to set up the means of worship that pleases, not offends, God's essential righteousness; and (c) to reveal the organic, scientific and mathematical truths of our physical reality. In Part II, Jesus becomes the focus of salvation, sanctification, resurrection, and eternal glorification for each soul. Thus, God's Intelligent Design of Planet Earth

In this concise volume the world-renowned spiritual master Anselm Grun invites readers to understand the twofold nature of midlife: on the one hand it is associated with a variety of problems or crises. On the other, it provides powerful opportunities for spiritual growth. This challenge--which is an inevitable work of God's grace--is an invitation into the fullness of our vocation. Anselm Grun brings together ancient and modern thought, including the spirituality of the medieval mystic Johannis Tauler and the psychology of Carl Jung, in order to foster greater self-understanding during midlife.

Aspirations of Greatness Are you Living the Illusion of Success? Many successful people find themselves rudderless, and joyless once they reach midlife. Their race for success â often defined as the accumulation of wealth and power â has dulled their sense of purpose. It's undermined their happiness and crippled their relationships with their families. The passion of youth exhausted, many midlife achievers run their lives on a treadmill of activity, haunted by unresolved baggage from their past, constantly trying to out-pace their fears. Often having no friends or mentors to guide them, many seek to escape rather than face their issues around money, identity, sexuality, and love. Most are open to spiritual connection, but don't know how or where to begin. They feel alone and scared. Jim Warner writes with the authority of one who has been there and worked his way through to clarity and a rediscovery of self and purpose. In *Aspirations of Greatness* he shares the inspiring life stories of nine high-profile people. These business and professional leaders typify the disillusionment of people in midlife who appear to "have it all," yet yearn for purpose, connection, inner peace â along with a renewed energy and "aliveness." Like many others, they have attained affluence and power, but confess to little sense of mission or meaning in their lives. These nine stories, backed by research conducted by Warner in intimate retreat settings with thousands of other "successful" midlife leaders, amplify the piercing questions of people in midlife: Who am I outside of my vocation? What is my destiny? What is the role of money in my life? How do I achieve greater intimacy and communion with my spouse, family, friends and God? The book introduces several models for navigating the treacherous rapids of midlife, with principles that apply to anyone who feels lost, lonely, or unloved. His book is a blueprint for positive change and offers uplifting, practical guidelines for living out your innate genius with gratitude, wisdom and serenity.

Internationally recognized coach and New York Times bestselling author Cheryl Richardson has toured the world empowering others to make lasting change. But when Richardson's own life no longer worked as it once had, a

persistent, inner voice offered unmistakable guidance: it was time to reevaluate her life to uncover what really mattered. *Waking Up in Winter* is the candid and revelatory account of how at midlife, Richardson found renewed contentment and purpose through a heroic, inward journey. The unfolding story, told through intimate journal entries, follows Richardson from the first, gentle nudges of change to a thoughtfully reimagined life – a soulful, spring awakening. With an experienced coach's intuition and an artist's eye, Richardson reexamines everything – her marriage, her work, her friendships, and her priorities – gracefully shedding parts of the self that no longer serve along the way. In the end, she not only discovers what really matters at midlife, she invites readers to join her in the inquiry process by providing thought-provoking questions designed to usher them through their own season of transformation. Offering up Richardson's most powerful teaching tool yet – her own life – *Waking Up in Winter* takes readers on a brave, spiritual adventure that shows us all how to live a more authentic and meaningful life.

A moving, witty memoir chronicling the nearly 20 years a woman from St. Thomas who moved to the frozen tundra of the Midwest to attend college, learned she had multiple sclerosis. In a format mimicking the unpredictable course of MS, the now middle-aged and married Ambrosio's narrative of compelling and humorous personal essays and poems recounts how she deals with the arrival of "Duct Tape Days," walking like Frankenstein, recent menopausal moments, and other physical and emotional challenges.

At Midlife Your Story is Only Half Told. Many people "die" in their 50s and just aren't buried until their 80s. That's because they did not take the full journey available to them at midlife. The whole point of midlife is to allow - even force - a re-evaluation of who you are and the life you have created, giving you your very best chance to discover, realize, and actualize your deepest spiritual nature in everyday life.

A Life Complete explains how the choices we make in midlife can become distilled and irreversible by the time we reach our last years. Having worked intimately and rewardingly with countless people in the last years of their lives, psychological counselor and ordained minister Sallirae Henderson offers a practical plan for healing in middle age so we can avoid elderly regret, unexpressed grief, and unresolved spiritual issues before it's too late. In a culture that ranks the fear of living in a nursing home above the fear of death, this book serves as a reminder that the end of life is also an organic part of life. It is an indispensable guide for those seeking to grow old gracefully, with a sense of meaning and purpose. Breaking new ground in the literature on aging, this powerful book teaches six emotional and spiritual skills necessary for finding purpose and contentment in our later years: BEFRIENDING YOURSELF LEARNING TO GRIEVE RECOGNIZING THAT YOU ALWAYS MAKE A DIFFERENCE MAINTAINING A SENSE OF PERSONAL EVOLUTION FINDING A LARGER CONTEXT FOR YOUR LIFE ACCEPTING THE HELP OF OTHERS Sallirae Henderson combines

her vast personal and professional experience with a wide range of anecdotes guaranteed to strike a chord with readers from all walks of life. A Life Complete also serves as an excellent reference tool for analysts, psychotherapists, and both personal and professional caregivers. It is a remarkably timely book.

Riding at the head of her army, Holy Matriarch of Mann plans to conquer the fortress city of Bar-Khos, whose walls have held the empire at bay for ten long years of siege. Ash is a man who would see her dead before that. The ailing R?shun assassin is determined to seek vengeance for the Matriarch's previous crimes. But such a course of retribution goes against everything his life has taught him. Meanwhile, Ché, a trained killer of the state, watches as the Mannian army slaughters their way across the remnants of the free world, and questions whether he believes the doctrines he has been trained to follow. With the battle for the Free Ports intensifying, more lives are drawn into the bloody conflict: Bahn, the siege-shocked soldier; and Curl, a young woman determined to make a stand even if it costs her life. When the two armies clash all looks set to be decided. But sheer force alone will not be enough to win this war. Only the gruelling determination of one man seeking redemption may be enough to sway the final outcome . . . 'One of the most refreshing new fantasies out there' SFX, 'Packed with action, adventure and incident ... a cleverly plotted story

FantasyBookReview.co.uk, 'Engaging and addictive . . . one of the best novels I've read this year' Civilian-Reader blog

Americans are embracing an entirely new way of aging: one that's based on staying productive, staying active, and staying young in body and mind. Jeffrey A. Rosensweig and Betty Liu share strategies for bringing together all the elements of a long, happy, fulfilling, connected life. Starting today, you'll learn how to take advantage of the latest sciences of health and longevity... leverage today's most powerful techniques for protecting your financial security... find or keep the work you love... pursue a path to deepen your own personal spirituality, whatever form it may take. No Pink Pants is packed with easy-to-use tips and guidelines for everything from your portfolio to your medical insurance. The heart of the book: intimate interviews with individuals celebrated for what they've learned about getting better with age: powerful role models ranging from Jimmy Carter to Helen Gurley Brown, Robert Mondavi to C. Everett Koop. Learn from their experiences; then use this book's easy worksheets to take control of your own future!

This comprehensive guide to using homeopathy is directed at women ages 35 and above. Dr. Ifeoma Ikenze explains her approach to wellness through all aspects of menopause. B&W illustrations. Charts. Tables.

Offers inspiration and guidance to help you make greater meaning and flourish amid the challenges of aging. It taps ancient Jewish wisdom for values, tools and precedents to frame new callings and beginnings, shifting family roles, and experiences of illness and death. For seekers of all faiths; for personal use and caregiving settings

Men, the midlife crisis, spirituality - and sheds A new bike - running the marathon - splashing out on a sports car - having an affair - taking up triathlon - upping sticks and moving to the country - getting divorced - even going into the church... There's a point in a man's life where he

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looks around him and asks whether this is really where he wants to be - what he wanted to do with his life. And even if he's achieved all his childhood dreams, maybe that's not enough any more. Nick Page has been there, and he decided to build a shed. Not to answer the question, but so that he'd at least be able to get some peace to think about it properly. Join him on a journey of discovery, into what the midlife crisis really is, and whether there's a better way to go at it than frittering away time and money trying to pretend you're really younger than you are.

Acting Through History is the third book in the Builders of Hope series, which is published in both English and Spanish. The series is designed for small missionary and evangelizing communities following the Prophets of Hope model. However, the content can easily be adapted to other pastoral settings that promote community life. Acting Through History is intended for young people eighteen years and older who have gone through a sound process of faith formation and have developed a solid spirituality. The goal of the book is to help jóvenes (1) discover or clarify their personal vocation and begin to formulate a personal life project through a better understanding of themselves, (2) analyze the reality in which they live, and (3) reflect on their mission in history. The book offers a discernment process that can help them to view their life in a new way and to base their life project on the values of the Gospel.

Why Do We Act Like There Is An Age Restriction on Spiritual Growth? For the last several decades, Western churches have focused the bulk of their resources on the early stages of discipleship—children's Sunday school, youth group, college ministry. While these are all important, we have neglected the spiritual growth of those in the second half of life. In fact, an outside observer might think that after the growth of the college years, the goal is simply to coast through the rest of your Christian life. Michelle Van Loon has a different idea. In *Becoming Sage*, she challenges those in midlife and beyond to continue pursuing radical spiritual growth, and she'll help you get started. She explores what the unique challenges of midlife can teach us about Jesus and how to think about everything from church, friends, and family, to money, bodies, and meaning. Don't settle for a life of coasting. Revitalize your spiritual growth today.

Midlife - our 40s and 50s - can be some of the most important years of our lives in spiritual terms. They are also times of change, which can include turbulent emotional transitions as we encounter a range of challenging personal issues. Tony Horsfall not only addresses a number of such issues -- from facing up to the past to renegotiating relationships -- but explores how to navigate a spiritual journey through these years, leading to deeper faith and a closer walk with God.

Just when her job can't get any worse, Connie is diagnosed with breast cancer. Inevitably, the toll of the disease-and the strain of chemotherapy-follow her to the toxic office and make her a weaker target for a vindictive supervisor. With Connie's health and career both crumbling, she cries out to God. Then a serendipitous trip to Sedona interrupts her work and treatment stress. In that quiet and reflective time away from the job and family, God's presence in each moment renews Connie's spirit. That initial solo journey guides her through six more. Experiences from those extraordinary journeys-turned-pilgrimages woven into Connie's everyday life challenges, transport her from bald to bold and self-conscious to self-confident. This inspirational memoir encourages readers to live intentionally and authentically, and to trust in God. Journey with Connie to U.S. and Canada destinations where encounters with people and places in her path grow her faith.

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