

FINDING
MEANING
IN THE
SECOND HALF
OF LIFE



How to Finally, Really Grow Up

JAMES HOLLIS, PHD

READ BY GARY GALONE

James Hollis

Finding Meaning in the Second Half of Life: How to Finally, Really Grow Up



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What does it certainly mean to be a grown-up in today's world? In Finding Meaning in the Second Half of Existence, Hollis explores the methods we can develop and evolve to fully become ourselves once the traditional functions of adulthood aren't quite working for us. But adulthood presents varying levels of growth and is rarely the respite of balance we expected. Offering wisdom to anyone facing a profession that no longer seems fulfilling, a long-term relationship which has shifted, or family members transitions that raise problems of ageing and mortality, Obtaining Meaning in the Second Half of Life offers a reassuring message and a crucial bridge across this essential passage of adult development." Jungian psychoanalyst James Hollis believes that it's only in the second half of existence that we can truly come to learn who we are and thus create a life which has meaning. We presume that after we "obtain it together" with the proper job, marry the right person, have children, and buy a home, all is definitely settled and well. Turbulent psychological shifts may take place anywhere between the age of thirty-five and seventy whenever we question the choices we've made, recognize our limitations, and feel stuck- commonly referred to as the "midlife crisis.



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" (locs. Hollis has the virtue to have me to avoid and wow frequently, and this book was not different. Finding Meaning in the next Half of Life engaged my head and my soul, spoke to me and my food cravings for transcending reality as imposed if you ask me by gender, age group, and cultural constrictions. Because Hollis is a former academic with a history in Humanities who became a trained Jungian therapist down the road, his composing is colourful, literary, sophisticated and incredibly polished. But thanks to this book, I have a few new tools in my tool box. I am not really saying that Hollis is not aware of this, he totally is, I am stating that the book will not displays that. BREAK WITH EVERYTHING This could very well be Hollis' most confronting reserve about them. On the one hands, in this reserve Hollis does not provide you with any shortcut, or present a rosy view of anything, especially of your future in you decide to stay right what your location is, doing what you do. Hollis debunks romantic love, traditional family, professional achievement, consumerism, pop ideologies, the many obsessions and addictions of our daily life (the obsession with wellness, youth and press included), New Age and herd behaviour, and will therefore without bitterness. In other words, to get a grown-up relationship, we have to grow up! Braving the Wilderness: The search for true belonging and the courage to stand alone. He tells us that the center passage will only achieve success after going right through our struggling and finding out from where it originates, burying our old group of values and ways of being, and giving birth to others which are more in tune with our soul's desire. A kind of This book is a call to hearing our deep calling, to taking responsibility for our own life, and to moving past our repetitive patterns of behaviour and personal history. Each individual has a journey that's personal to them, so there is absolutely no cookie cutter to cut the fat, we need to de-construct our fake self ourselves. Feeling good or getting comfort isn't the purpose of the suggestions in this book, nor is numbing your pain, however the purpose of enlarging your life and reaching wholeness. Minus the suffering, the non-suffering is overlooked, so suffering includes a function, it we can grow up and appreciate items more. You aren't interested on Jungian depth Psychology and wish a behavioural strategy. e. I believe this is important since it doesn't concentrate on the globe out there, the image we task of ourselves, our achievements, how successful we are, how many houses, cars or jewels we very own, but on what we feel inside. 2/ The discovery of a personal spirituality that resonates with us, that connects with us and is normally meaningful for us, no matter what other people think, and be ready to stand for what it really is accurate for us. We have to quit playing the victim, and assign a confident spin to your life dramas and occasions of despair. DON'T CRY BABE On the other hands, Hollis doesn't tell us how exactly to lead our life, how exactly to behave, or how to do things. Everything Hollis really wants to state is, "If you don't like your lifestyle, change it, but end blaming others, for even if they did harm you, you are the one who offers been making the options of adulthood." (Icos. Some uncoupled people have parental instincts have surrogate mothers having a baby to kids who they mother or father and love.. Rough LOVE Hollis includes a great compassion towards human suffering, it really is tuned to the needs and troubles that certain faces when crisis hit in adulthood, because he has been there himself. I also know deeply spiritual people whose lives are full of giving meaning to their suffering plus they haven't grown very much inside and so are still psychologically immature. He reveal what we have to know, therefore we get something out of our discomfort through your pain, become ourselves, dare to show our self to the globe, and become the average person who our soul generally wanted us to end up being: "often, inexplicably, it is the soul itself that has brought us to that challenging place in order to enlarge us" (loc. This might be a complicated book for most. PONDER WONDER Although this is not a how-to reserve, Hollis presents us with a sigificant number of poignant queries so that we can start

the inner dialogue and play psychoanalysts with ourselves. The most important one, if you ask me, is: "If I have done the expected items, according to my greatest knowledge of myself and the world, so why does my entire life not feel right? Lyric, difficult and tender method of adulthood This is actually the third book I read by Hollis, a Jungian psychoanalyst who specialises in the so-called middle passage, psychological true maturity and individuation. 453-4). to find what is accurate for us and have the courage to live it in the world. DOWNSIDES Although I really like this reserve, there are a few things that I consider improvable or points on which I differ. 1/ Tool-less. Hollis is perfectly aware that most people haven't the means, economical or other, to have therapy or psychoanalysis, even if they require it and want to. However, psychological blocks are usually black points in our eye that we cannot see because they are right in the center of the eye. That demands the aid of a therapist, analyst or coach. I am aware that Hollis doesn't want to supply a cookie cutter of an answer for anybody who is experiencing a personal crisis or really wants to enlarge their lives, but I would have appreciated he making an effort, because, after all, he's a therapist and has the tools. Many people will buy this publication because they were expecting practical help, but most of them won't possess the intellectual holders to grab everything that Hollis throws at us. It is true that the reserve has some suggestions about questions to request ourselves to start out a inner dialogue, but they cannot end up being answered in case you are blocked, and some of them are too philosophical for the common John and Jane to end up being answered. I am hoping that his forthcoming publication will be more hands down and address the lack of practical information that some might find in this reserve. 2/ Muddle in the centre. "Second half of life" can be an expression that departs from ontological principles that usually do not reflect who we have been as physical and social beings in the 21st century. You certainly are a convinced nihilist. Some individuals won't be in a position to do that, and can collapse and fail. you can find women and men on this planet, right now, still living this way. Nowadays, 50y. spot on Didn't keep my attention As several other reviews of this author have described, he doesn't write in a conversational style, but rather uses big phrases and formal sounding language like he is trying too hard to sound wise. a. is the new 40, or the brand new 35, or simply 50 based on one's degree of maturity and physical state, and the lifestyle and area of the globe we were born or reside in. However the more the publication increases the more fixated Hollis becomes with spirituality and the more he gives, unwillingly, an aura of religiosity. The one most significant thing I took from this book is the what got us right here will not obtain us there and moreover, we have to do the challenging function of what got us here and modification our orientation (grow up) to live our very own life instead of living some childhood version of our life that served some program (a family group, a college, a university or your peers). a is a bit too vast!. My grandma probably had hers at 25. 3/ Mirage. Hollis says that in the second half of lifestyle "We lose close friends, our children, our energies, and lastly our lives. Who could manage when confronted with such seeming defeat?" (locs. 3096-3098). Isn't a total illusion? The same illusion that generates the obsession with wellness?. In fact, we could be super-fit and super-young and become run over an automobile when walking on the footpath. >4/ The Brady Bunch. Thoughtful Not a fluffy self-help publication. There are straight couples that don't marry, live jointly, de facto. for decades and decide not to have children even if indeed they biologically could. 3210-3211). You can find gay lovers who live a very traditional life except for the fact that they are gay. There are men and women who decide never to marry or have children, and join a monastery and type section of a bigger family. Others reside in hippy communes. There exists a large amount of soul in this publication. Great book and well-balanced summary of this region in psychological research. We cannot condemn them for not really having the ability to suffer or for

devoid of the courage to go through it or getting signifying out of their struggling. Occasionally Hollis speaks as if the only mature life-style was engaged and getting married and having children. That is a bit of a delusion, no? Extremely traditional, no? To Hollis there isn't developing up without spirituality. If you have a great degree of education or self-education, are aware of Jungian terminology and Jungian method of the psyche, and love reading books by individuals who preach by example, that is your book. The author spoke if you ask me and brought clearness and light to the baffled condition I was in due to my midlife crisis and melancholy. At the beginning of the book Hollis says that the purpose of the book would be to present things in a vocabulary that a lot of people can understand. However, many times I thought that a 'commoner' would discover difficult getting through the publication due to the vocabulary, and the high degree of symbolism and/or abstraction he uses. 212). I believe this is especially the case in the chapter on spirituality and when he speaks about myth and symbolism. Jung and sufferers' dreams, but that's simply personal preference and they were a comparatively small section of the overall experience of this thoughtful and thought-provoking publication. 5/ The discomfort of the pen. When you have remedial massage a single learns that we get rid of the pain through the discomfort, because the treatment inflicts pain on your body. So, in ways, going through our suffering, as stated by Hollis right here, is a little bit like that. Recommended to all of these who feel empty and whose older paradigms and reference factors have become meaningless.. I've stated it before, my grandma died as an elderly woman at 48 years, so her middle age group was 24 and she was probably in a corner by then having no chance to move and unhappy to the primary; I state this because, requesting ourselves what values and means of being we want to pass on to your children, is a query that is clearly a bit obsolete if you don't have a child. 6/ Spirited away." we've not only begun developing up, but will then be expressing a loving attitude toward that various other after all. On the other hand, an interval that goes from 35 to 90y. I in fact know many married people with children who have no emotional maturity at all. That same week my father-in-law and beloved pet passed away. There are ways of obtaining meaning out of existence that aren't predicated on spirituality. Nevertheless, we also should know that we need to self-sacrifice as well. Nevertheless, because he's a depth analyst, he won't reveal what we want to hear in if we've depression, stress, desperation, a marital crisis, empty-nest syndrome, a professional crisis, and so on. A QUESTION Individuation is a personal individual thing, thus things that constrict an individual won't constrict another, and things that helps to expand a person won't help another. Lifestyle, family history, life circumstances are all impositions on the soul. So, my question is, is individuation less complicated or more difficult to achieve by members of confirmed culture, religion or linguistic history than others? Does a culture creates more neurosis than another? IN SHORT This is a beautiful written book, lyric at times, quite hard at others that loves you toughly but also tenderly, and it shows us a way that is not what we would be looking for but it might be our best shot at growing up. The book will certainly satisfy those that love Jungian evaluation and ways of looking at the inner and external world that aren't simplistic, ways of looking at the world that enable our individuality to become recognised, developed and extended. One gets to feel how being a Jungian Therapist is what Hollis was meant to be, because his publication oozes passion for his job, and for the wonders that Depth Psychology may do for anyone, not just if we have been in crisis. He views the Jungian therapist as a mediator with your soul and the self, which is a wonderful method to put it. Additional singles won't sign up for the monastery, but don't need the necessity to marry or possess kids to comply with other's expectations or become content. Yes, we have been individuals and we need to follow our Self as opposed to the ego. It presupposes that people

have a specific life time on this world, that half method there we have a crisis, or that most of us have a grow-up spur at around the same age. G. You have become religious in a normal way. > You are looking for a New Age book. > It's like he opened my head, crawled inside, and place words to the thoughts and emotions I've had my very existence. Delve deeper, expect more from yourself, grow up! I gave a duplicate to my 23 12 months old boy. > You need somebody to inform you how exactly to solve your problems and how to get out of your misery. We may suffer from the death of all us when young, due to sudden illness, incident, murder or suicide. You are searching for something that is useful, but not that deep or challenging. IT REALLY IS heady and I have to reread some sentences a few times, but I've underlined just about every sentence in the book and that's saying something! Relating to Hollis, both major duties of the grown-up-to-be aren't getting cash, position, possessions or medication, they're: 1/ The recovery of personal authority, we. THE KINDLE EDITION Great edition! I really like when I get yourself a reserve on Kindle, and I find it to become typo free of charge, properly organised, notes properly linked backwards and forwards, and everything since it should be so when it is in a hard-copy. I just finished scanning this book. James Hollis is currently on my set of "Who have I'd invite to supper". I believed I was the only one thinking these exact things and feeling in this manner. You need a book merely created with everyday vocabulary. Love! Highly recommend to anybody, any age who wants to understand himself in a more profound, edifying way.! Why had I never heard of this guy? You are searching for a set of rules, step-by-step DIY system to resolve your personal crisis. >! This book is for just about any person, any age group who wants to "get it". Wonderful book! I'm just on chapter 2, but up to now I have found so much that resonates with me. A malmg eye opening read. Doing there is nothing regression and results in unhappiness, doing something causes nervousness but helps us develop and nurtures the soul. Wow. We must break free from the subconscious patterns of our childhoods by first recognizing them. My oldest kid moved out last summer. To me, that is clearly a statement true for him and for many other folks. My middle child will be shifting out this summer and my youngest will become off to college. I will be following up with more books by this writer and the books he referenced. His discourse will go from the mundane to the philosophical and the spiritual, and he does so in depth, minus the usual psycho-babble you find elsewhere in pop-psychology nowadays. > Wonderful book. Definitely not your regular self help book. Predicated on Jungian psychology, this publication has given me much to reflect upon and goals to shoot for outside of the most common "get happy" blather that's out there. In order to understand more about yourself, your lover and others with whom you possess close relationships that is a great publication to read. The biggest problem I've with this book is that this sounds toooooo individualistic without teaching self-sacrifice for additional and the society. There is no guarantee that people aren't going to be killed while youthful, healthy and gorgeous, or our families and friends will go before we perform, or vice versa..the best thing we can do for ourselves and for the other would be to assume even more of the developmental agenda for ourselves. His description of soul as psyche, his focus on the power of myths and symbols for the well-becoming of culture and the healthiness of the psyche, his castigation of major religions as not necessarily spiritual, among other pearls, might be controversial.. I am not really saying that there is not truth in what Hollis says, because I've experienced that to be true for me, but, hey, he insists an excessive amount of on accepting the struggling and going right through it as just alternative to discover meaning and I am not sure that is always the case..Whenever we are sincerely able to ask the issue "What am I asking of my beloved that I need to do for myself? Hollis' insistence o spirituality starts very well, it is very open and I trust what he says." P118: "Growing up means that we take spiritual responsibility for

ourselves..until we accept this responsibility for ourselves, we are asking others to be a shelter for our homeless soul..remember that others will then end up being asking the same folks as well." A amazing and eye opening browse! Practical and profound! This book does a superb work at explaining how childhood and early encounters shape who we have been today and subconsciously affects our decisions and behaviors.5/ Tongue Twist. However his insistence on the suffering, his exaltation of the struggling, sounds a bit masochist at times. To those who seek to do away with the superficial and trivial and seek to seriously reconnect with the essence of themselves. It'll show you just how back home. I liked the concise writing. I chose this rating since it was a superve publication that hit the spot. This is actually the 1st book review I've written - I'm so deeply moved by its profound wisdom! I've been searching for the meaning of my very own life, since long ago with so very much sufferings and struggles.While scanning this publication, I felt such a clarity and wakefulness, and sensed a magnificent vision forming from the streams of the meaningful communications in each page.We now not only understand the meanings in my life struggles, We also experience the gratitude from the bottom of my heart - to James Hollis who's so gifted in his teaching in such a fluency and beauty, and to my own soul for bringing the reserve into my entire life, so that I go through the senses of the faith to my entire life journey, the courage to handle my fears and anxieties, the eagerness to forever grow in to the wholeness, and the joy to be who I must say i am and offer my gifts to the healing and celebration.Thank you!At least in the Western World, traditional family isn't in regards to a man and female marrying and having children. Well written, deep and thoughtful. I possibly could have done minus the references to C. > His meditations, as they say, are beautifully written, but very elitist. Well worth a read. Disappointing See Centerra's comment above . Or mid-lifestyle crisis being mostly between 35-45, well, it is a bit too exact!Ouch!o. I came across it hard to maintain my attention and didn't get extremely far before I decided to stop torturing myself and present up and get to another book. He may have good info in the book but I will never know because I got so bored trying to learn it that my mind just wandered. A fantastic book about lide I must say i and truly loved this publication. Obviously, my soul has been around discomfort. I gave this 4 stars since it seemed to stay in the swampsland that is his study but Personally i think most essential for me is to find balance in my life. Pain and struggling are unavoidable but not be lived in ! Yes the dard woods and swampsland should be appreciated and experienced, and welcomed for they make me feel and enjoy the the trip through the darkness in to the light to live a far more conscious and purpossal lifestyle. A five star was close. no fluff here, just good information to read Recommended by a therapist friend. IT ISN'T LIGHT EASY READING it really is in depth and not full of little charts and various other gimmicks to help us read quicker, learn quicker or not be bored by a lot of text. Relevant topics/themes about adjusting alive in our old age... Clear and helpful. The examples are endless...4 stars.. That needs from the editors caring about us clients, and I really appreciate it! What a good, thoughtful and apparent writing. A bit repetitive but that is good if you are learning a new concept.o. We have been unique individuals and we have to own up to that and start on our lonely journey. Listed below are a couple rates to assist you decide if this reserve might be up your alley:P 117: ".Having said that, this book is probably not useful or satisfying for you if:> Non-nihilist atheists Personally, i know find signifying in knowing that our transience demands living as soon as, being fully present, taking advantage of our time, leading an ethical lifestyle for the sake of it, and leaving their offspring, if any, a good legacy. An excessive amount of self-actualization or self-directed life could possibly be limiting. I guess that's OK!



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