

Awakening at Midlife

*Realizing Your
Potential for
Growth and Change*

Kathleen A. Brehony

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A psychotherapist explains how exactly to deal with the physical, relational, professional, and psychological adjustments of midlife, providing advice on how to navigate through the center stage of lifestyle to find fulfillment and satisfaction in life.



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My God. Awesome A really amazing book. A girlfriend told me concerning this book and how it is helping her to cope with vague issues in her life at 43 which have recently come about. Even at age 62, the content is still relevant. Just in the launch and the 1st chapter of the book, I have learned so much and have had the opportunity to diagnose alot of the proceedings in my own life "midlife" is happening! It was as though the author have been in my own head and was writing about it. Just becoming enlightened and hearing somebody else's journey relating to these inexplicable thoughts and feelings brought tears to my eye's. It offers helped me greatly and I bought several copies for friends. You will be pleased with this book! surprisingly Great book I was so pleased to find this reserve.. I also understood it was among the books that started me on my spiritual quest. I bought this book for myself when first published in the 1990s. I found it helpful and believed provoking. It discusses rather than guides or teaches, and is very skimpy on practical methods to navigating mid-life. The items she shared about her lifestyle, I was experiencing also and we simply got no answers as to why(we have usually thought we were "know-it-alls") and just cannot figure out what was going on.. Which means this duplicate was purchased as something special for my niece on her behalf 50th birthday. It's a lot of material to soak up and although I'm no more than half way through it I already know this is a existence changing reserve for me. Five Stars An excellent book. I have read this book twice. I highly recommend this book Invaluable Guide for Midlife An absolutely wonderful book! If you're troubled by midlife issues, this is well worthy of buying. I have read it twice and know I'll return to it time and again for reminders that the unsettling passage into and through midlife is completely normal and can end up being negotiated artfully and wisely. Brehony brings her very own experiences beautifully into the book; I really like her candor and wisdom. I would certainly recommend this to anyone who's experiencing problems with this time around of life. this is a very enlightening book. This book at least allows you to identify "it", allows you to put stuff in perspective, and helps you to manage it. No 'easy' browse and it's worth highlighting those passages that are particularly meaningful to your position to be able to reread them. One of the best books about them One of the best books about them. I bought this reserve for myself when first published in .Using Jungian insights and more, this book resonates at a deeper level to what is happening in this precious yet sometimes unnerving time of life Wonderful Read This is a much needed book for all those trying to navigate the confusion, loneliness, and feeling of being homeless at midlife. It is not like a few of the others that appear to be yet or not really scratch the surface. What resonate and help you feel less isolated. Happy customer!. Arrived quickly , 1/2 way through ensightfull book, and I'm enjoying it so. Arrived as promised. Disappointing dialogue of Jung and various patients I can't recommend this book, unfortunately. It includes long, long discussions of the writings and teachings of Carl Jung, accompanied by many case research of varied individuals at mid-life. On the whole, I did not find that the book lived up to its title "Awakening at Midlife" or its subtitle "A Guide to Reviving your spirit, recreating your life, and time for your truest self. It also contains, scattered occasionally, some personal anecdotes as well." There was hardly any guide-like about it. This publication was a long slog and just impossible to complete. I hate to keep a negative review for any writer, because I know how much work goes into writing a publication, but this one needed a different title in order that readers know what to anticipate. I recently rediscovered it on my bookshelf, and go through it again. My sister appreciates her duplicate I sent... ! If you wish to have a deeper understanding of who you are as a person as you approach Midlife, this is actually the book for you. A "must read" . Five Stars Love this book. Five Stars very comforting words.



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