

"Nourishing... Like a master chef, James Hollis knows that good food for the soul cannot be ordered to go."—*The Plain Dealer* (Cleveland)

# FINDING MEANING IN THE SECOND HALF OF LIFE



How to Finally,  
*Really* Grow Up

JAMES HOLLIS, PH.D.

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 midlife crisis." But adulthood presents varying levels of development, and is hardly ever the respite of stability we anticipated. With the proper job, marry the proper person, have children, and buy a home, all is settled and well. Obtain it collectively—we've made, realize our limitations, and feel stuck—Turbulent psychological shifts can take place anywhere between age thirty-five and seventy when we question the choices we've commonly known as the "s world? We assume that once we " Jungian psycho-analyst James Hollis believes it is only in the next half of life that we can truly come to learn who we are and thus create a life that has meaning. TO FIND Meaning in the Second Half of Life, Hollis explores the ways we can grow and evolve to totally become ourselves once the traditional roles of adulthood aren't quite doing work for us, revealing a fresh method 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 problems of maturing and mortality, Acquiring Meaning in the next Half of Life offers a reassuring message and a crucial bridge across this vital passage of adult development.



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G. While reading this book, I felt such a clearness and wakefulness, and sensed an impressive vision forming from the streams of the meaningful messages in each web page. Finding Signifying in the next Half of Lifestyle engaged my head and my soul, spoke to me and my food cravings for transcending actuality as imposed to me by gender, age, and cultural constrictions. Because Hollis is a former academic with a background in Humanities who became a tuned Jungian therapist down the road, his composing is colourful, literary, sophisticated and very polished. His discourse goes from the mundane to the philosophical and the spiritual, and he does so in depth, without the usual psycho-babble you discover elsewhere in pop-psychology nowadays. Thoughtful Not a fluffy self-help publication. BREAK WITH EVERYTHING This could very well be Hollis' most confronting publication about them. On the one hands, in this book Hollis does not present you with any shortcut, or present a rosy view of anything, specifically of your future in you choose to stay right what your location is, doing everything you do. I came across it hard to keep my attention and didn't get very far before I made a decision to end torturing myself and present up and get to another reserve. You are searching for a New Age book. DON'T CRY BABE On the additional hand, Hollis doesn't reveal how to lead our life, how exactly to behave, or how to do things. He tells us that the middle passage will only be successful after going right through our suffering and finding out from where it originates, burying our old set of values and ways of being, and having a baby to others that are even more in tune with this soul's desire. Culture, family history, life circumstances are all impositions on the soul. This book is a call to hearing our deep calling, to taking responsibility for our very own life, also to moving past our repetitive patterns of behaviour and personal history. According to Hollis, both major tasks of the grown-up-to-end up being aren't getting money, position, possessions or medication, they are: 1/ The recovery of personal authority, i. Feeling good or getting comfort and ease is not the purpose of the assistance in this book, nor is numbing your pain, but the purpose of enlarging your life and achieving wholeness. Minus the suffering, the non-suffering is overlooked, so suffering includes a function, it allows us to grow up and appreciate points more. Each person has a journey that's personal to them, so there is absolutely no cookie cutter to slice the fat, we need to de-construct our false self ourselves. e. to get what's accurate for us and also have the courage to live it in the world. 2/ The discovery of a personal spirituality that resonates around, that connects around and is usually meaningful for us, no matter what other people think, and be willing to stand for what it is true for us. A sort of Braving the Wilderness: The quest for true belonging and the courage to stand alone. Everything Hollis really wants to say is, "If you don't like your existence, change it, but end blaming others, for even if indeed they did harm you, you are the one who offers been making the options of adulthood. On the other hand, psychological blocks are usually black points in our eye that we cannot see because they're right in the middle of the eye. I am aware that Hollis doesn't desire to supply a cookie cutter of an answer for anybody who is suffering from a personal crisis or really wants to enlarge their lives, but I'd have appreciated he making an effort, because, after all, he is a therapist and has the tools. Ouch! TOUGH LOVE Hollis includes a great compassion towards human being suffering, it really is tuned to the requirements and troubles that one faces when crisis strike in adulthood, because he has been there himself. However, because he's a depth analyst, he won't tell us what we want to hear in if we've depression, stress and anxiety, desperation, a marital crisis, empty-nest syndrome, a professional crisis, and so forth. He reveal what we need to know, so we get something out of our discomfort through your pain, become ourselves, dare to show our self to the world, and become the average person who our soul constantly wanted us to become: "often, inexplicably,

it is the soul itself that has brought us compared to that challenging place to be able to enlarge us" (loc. 212)." A truly amazing and eye opening read! The most important one, to me, is: "EASILY have done the expected points, according to my greatest knowledge of myself and the globe, so why does my entire life not feel right?" (locs. I also know deeply spiritual people whose lives are filled with giving meaning with their suffering plus they haven't grown very much inside and are still psychologically immature. I actually know many wedded people with children who have no mental maturity at all.DOWNSIDESAlthough I really like this publication, there are some things that I consider improvable or factors which I difer.1/ Tool-much less.Hollis is perfectly aware that most people haven't the means, economical or other, to have therapy or psychoanalysis, even if indeed they require it and want to." (lcos. That demands the aid of a therapist, analyst or trainer. 3210-3211). You are searching for a thing that is useful, but not that deep or challenging. Many people will purchase this publication because these were expecting practical help, but most of them won't possess the intellectual holders to seize everything that Hollis throws at us. Really worth a read. You can find ways of getting meaning out of life that aren't based on spirituality. Predicated on Jungian psychology, this publication has given me very much to reflect upon and goals to shoot for outside of the usual "get happy" blather that's out there. It presupposes that people have a certain life time on this world, that half way there we've a crisis, or that most folks have a grow-up spur at around the same age. > > Nowadays, 50y.4/ The Brady Bunch.a. is the new 40, or the brand new 35, or just 50 depending on one's degree of maturity and physical state, and the lifestyle and area of the globe we were born or reside in. However, an interval that goes from 35 to 90y.o. This is the 1st book review I've written - I'm so deeply moved by its profound wisdom! Or mid-life crisis being mostly between 35-45, well, this is a bit too precise! My grandma most likely had hers at 25.3/ Mirage. However his insistence on the suffering, his exaltation of the suffering, noises a bit masochist sometimes. In order to understand even more about yourself, your partner and others with whom you possess close relationships this is a great book to read. There is a lot of soul in this reserve. My oldest kid moved out last summertime. The author spoke to me and brough clearness and light to the puzzled condition I was in due to my midlife crisis and major depression. Isn't a total illusion? The same illusion that generates the obsession with health? There is no guarantee that people aren't going to be killed while youthful, healthy and gorgeous, or that our families and friends will move before we do, or vice versa. In fact, we could be super-match and super-young and become run over a car when walking on the footpath. We may have to deal with the death of most us when young, because of sudden illness, incident, murder or suicide.o. That needs from the editors caring about us customers, and I really appreciate it! I really like when I get a book on Kindle, and I think it is to become typo free of charge, properly organised, notes correctly linked back and forth, and everything since it should be so when it really is in a hard-duplicate. for decades and decide never to have children actually if they biologically could. Some uncoupled individuals have parental instincts possess surrogate mothers giving birth to kids who they parent and love. You can find gay lovers who live an extremely traditional life aside from the fact that they are gay. There are women and men who decide never to marry or possess children, and sign up for a monastery and type section of a bigger family members. A little bit repetitive but that is good if you are learning a new concept. We are unique people and we have to admit that and start on our lonely journey. The examples are countless. I state this because, requesting ourselves what values and means of being we want to move on to your children, is a question that is a bit obsolete unless you have a child. Delve deeper, expect more from yourself, grow up! He views the Jungian therapist as a mediator with your soul and the self, which is a wonderful

method to put it. Very traditional, no? I think this is important because it doesn't focus on the world out there, the image we task of ourselves, our achievements, how successful we are, how many houses, vehicles or jewels we own, but on what we experience inside. I am not saying that Hollis isn't alert to this, he totally is usually, I am saying that the book does not displays that.5/ Tongue Twist.At the start of the publication Hollis says that the purpose of the book is to present things in a language that a lot of people can understand. However, often I thought that a 'commoner' would find difficult getting through the publication due to the vocabulary, and the high degree of symbolism and/or abstraction he uses. This might be considered a complicated book for many. I think this is especially the case in the chapter on spirituality and when he speaks about myth and symbolism. His meditations, so to speak, are beautifully written, but very elitist." we have not only begun developing up, but will then be expressing a loving attitude toward that various other after all.When one has remedial massage 1 learns that we get rid of the pain through the discomfort, as the treatment inflicts pain on your body. So, in a way, going right through our suffering, as stated by Hollis here, is a little bit like this.Hollis says that in the second half of lifestyle "We lose friends, our kids, our energies, and lastly our lives. I am not really saying that there is not truth in what Hollis says, because I've experienced that to be accurate 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 uncertain that is often the case. Some individuals won't be able to do that, and will collapse and fail. We can not condemn them for not really having the ability to suffer or for not having the courage to go through it or getting indicating out of their struggling.6/ Spirited apart.Hollis' insistence o spirituality starts very well, it is very open and I agree with what he says.. To Hollis there is not growing up without spirituality. To me, that is a statement accurate for him and for most other folks.2/ Muddle in the centre.the best thing we can do for ourselves and for the other would be to assume more of the developmental agenda for ourselves. 453-4). He may have good info in the reserve but I will never know because I acquired so bored trying to learn it that my brain just wandered. We need to quit playing the victim, and assign a confident spin to your life dramas and moments of despair. Therefore, my issue is, is individuation less difficult or more difficult to attain by members of confirmed culture, religion or linguistic background than others? Does a culture creates even more neurosis than another?IN SHORTThis is a lovely written book, lyric sometimes, quite hard at others that loves you toughly but also tenderly, and it displays us a way that is not what we might 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 considering the inner and external world that are not simplistic, ways of looking at the world that allow for our individuality to be recognised, developed and expanded.One gets to feel how being truly a Jungian Therapist is what Hollis was designed to be, because his book oozes enthusiasm for his job, and for the wonders that Depth Psychology may do for anybody, not just if we have been in crisis. That is clearly a bit of a delusion,no?. But thanks to this book, I've a few new tools in my tool box. You certainly are a convinced nihilist. you can find women and men upon this planet, at this time, still living that way. You have become religious in a normal way. > His definition of soul as psyche, his focus on the energy 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, may be controversial. IT REALLY IS heady and I have to reread some sentences several times, but I've underlined almost every sentence in the publication and that is saying something! You will need a book simply written with everyday vocabulary. > You are looking for a set of rules, step-by-step DIY system to resolve your personal crisis. I have stated it

before, my grandma passed away as an elderly woman at 48 years of age, so her middle age group was 24 and she was probably in a corner at that time having no chance to proceed and unhappy to the primary; IT IS NOT LIGHT EASY READING it is in depth rather than full of little charts and additional gimmicks to greatly help us read faster, learn quicker or not really be bored by way of a large amount of text. > It really is accurate that the book has some suggestions on questions to talk to 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. However, we also ought to know that we need to self-sacrifice as well. You aren't interested on Jungian depth Psychology and want a behavioural strategy.THE KINDLE EDITIONGreat edition! There are straight lovers that don't marry, live collectively, de facto.At least in the Western World, traditional family isn't in regards to a man and girl marrying and having children. James Hollis is now on my list of "Who also I'd invite to supper". That same week my father-in-law and beloved puppy passed away. It's like he opened my head, crawled inside, and place words and phrases to the thoughts and feelings I've had my very existence. I thought I was the only person thinking these things and feeling this way. Why had I hardly ever heard about this guy?! Highly recommend to any person, any age who would like to understand himself in a far more profound, edifying way.. >! This reserve is for any person, any age who wants to "obtain it". Wonderful book! I'm just on chapter 2, but so far I have found so very much that resonates with me. This book does an excellent job at explaining how childhood and early experiences shape who we are today and subconsciously affects our decisions and behaviors. Doing there is nothing regression and leads to major depression, doing something causes anxiousness but helps us develop and nurtures the soul. We should liberate from the subconscious patterns of our childhoods by first recognizing them. Wow." (locs. Love!understand that others will then end up being asking the same of us as well. Needless to say, my soul has been around pain.Having said that, this book might not be useful or satisfying for you if:> Occasionally Hollis speaks as though the only mature way of life was getting married and having children. Disappointing See Centerra's comment above . Not at all your normal self help publication."Second half of existence" can be an expression that departs from ontological principles that do not reflect who we are as physical and social beings in the 21st hundred years. Who could manage in the face of such seeming defeat? Listed below are a couple estimates to assist you decide if this book might be up your alley:P 117: "... Non-nihilist atheists Personally, i know find indicating in knowing that our transience needs living the moment, 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. Basically, to get a grown-up relationship, we have to grow up!...When we are sincerely in a position to ask the question "What am I asking of my beloved that I need to do for myself?5/ The pain of the pen."P118: "Growing up implies that we take spiritual responsibility for ourselves..until we accept this responsibility for ourselves, we are asking others to become a shelter for our homeless soul.I now not only understand the meanings in my life struggles, I also feel the gratitude from the bottom of my heart - to James Hollis who is so gifted in his teaching in such a fluency and beauty, and to my very own soul for bringing the book into my entire life, so that I experience the senses of the faith to my life trip, the courage to face my fears and anxieties, the eagerness to forever grow into the wholeness, and the joy to be who I really am and provide my gifts to the healing and special event. My middle kid will be shifting out come early july and my youngest will end up being off to university.PONDER WONDERAlthough this is simply not a how-to book, Hollis presents us with a considerable number of poignant queries so that we are able to start the internal dialogue and

play psychoanalysts with ourselves. Practical and profound! Too much self-actualization or self-directed life could be limiting. 3096-3098). I gave this 4 stars because it seemed to stay static in the swamp-land which is his study but I feel most essential for me is to find stability in my own life. To those who seek to do aside with the superficial and trivial and seek to seriously reconnect with the essence of themselves. It will show you just how back home. I loved the concise writing. I chose this rating since it was a superb publication that hit the location. a is a little too vast! I've been looking for the meaning of my very own life, since long ago with so much sufferings and struggles. Hollis has the virtue to possess me to stop and wow quite often, and this book was not different.. I could have done without the references to C. When you have a good degree of education or self-education, are aware of Jungian terminology and Jungian method of the psyche, and love reading books by people who preach by example, this is your book. Well crafted, deep and thoughtful. Many thanks! Lyric, challenging and tender approach to adulthood This is the third book I read by Hollis, a Jungian psychoanalyst who specialises in the so-called middle passage, psychological true maturity and individuation. Jung and patients' dreams, but that's just personal preference and they were a relatively small portion of the overall experience of this thoughtful and thought-provoking book. I am hoping that his forthcoming book will be more hands down and address the lack of practical assistance that some will discover in this book. Fantastic book. I gave a duplicate to my 23 12 months old son.. i'm all over this Didn't keep my attention As several other reviews of the author have described, he doesn't write in a conversational design, but instead uses big words and formal sounding language like he's trying too hard to sound intelligent. Hollis debunks romantic like, traditional family, professional success, consumerism, pop ideologies, the countless obsessions and addictions of our day to day existence (the obsession with health, youth and press included), MODERN and herd behaviour, and will therefore without bitterness. A QUESTION Individuation is a personal individual thing, thus things that constrict a person won't constrict another, and things that helps to expand a person won't help another. An excellent book about life I really and truly loved this book. I will be following up with more books by this writer and the books he referenced. Suggested to all of those who feel empty and whose outdated paradigms and reference points have become meaningless. Discomfort and suffering are unavoidable however, not be resisted in ! Yes the dark woods and swamp-land should be valued and experienced, and welcomed for they make me experience and value the the trip through the darkness into the light to live a more conscious and purposeful existence. A five star was close. no fluff here, just good information to learn Recommended by way of a therapist friend. You need somebody to tell you how to solve your complications and how to get out of your misery. Relevant topics/themes on the subject of adjusting alive in our later years.... Good book and well-balanced overview of this area in mental studies. Clear and helpful. But the more the publication advances the more fixated Hollis becomes with spirituality and the even more he provides, unwillingly, an aura of religiosity. 4 stars.. I just finished reading this book. What a good, thoughtful and obvious writing. Others live in hippy communes. The solitary most significant thing I took from this book may be the what got us here will not get us there and more importantly, we need to do the hard function of what got us right here and transformation our orientation (develop up) to live our own life rather than living some childhood edition of our lifestyle that served some system (a family, a school, a university or your peers). Various other singles won't join the monastery, but don't need the need to marry or possess children to comply with other's expectations or become content. The biggest problem I have with this publication is that this noises toooooo individualistic without teaching self-sacrifice for other



and the culture. Yes, we are individuals and we need to follow our Personal as opposed to the ego. > Amalng eye opening read. I assume that is OK!



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