

"Hollis speaks to and teaches from the heart. A combination of genuine vision and genuine humanity is a rare and valuable gift."

—CLARISSA PINKOLA ESTÉS, Ph.D.

author of *WOMEN WHO RUN WITH THE WOLVES*

WHAT MATTERS MOST

Living a More
Considered Life



JAMES HOLLIS, Ph.D.

AUTHOR OF *FINDING MEANING IN THE SECOND HALF OF LIFE*

James Hollis

What Matters Most: Living a More Considered Life



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The celebrated author of *Finding Meaning in the Second Half of Existence* delivers a distinctive look at happiness, posting a Jungian approach to getting a fearless, authentic route. Taking a fresh look at the concept of happiness, Hollis uses a warm, available tone to encourage visitors to learn to tolerate ambiguity, embrace growth instead of security, respect the power of Eros, engage spiritual crises, and acknowledge the shadow of mortality. Instead, Hollis guides visitors in uncovering the center of the matter, discovering what it means to truly live life to its fullest, most meaningful condition— What matters the most in life? To even commence to answer these questions we must start by exploring our own internal ideals, ideals, and beliefs. Presenting the initial perspective of respected analyst and writer James Hollis, Ph.D., *WHAT COUNTS Most* s. Why are we here? Providing inspiring wisdom and personal reflections to address our deepest worries, as fully engaged citizens of the world. yields a lot more than mere self-help cliché helps visitors figure out how to appreciate (even be amazed by) occasions unfolding within, even as the external world creates constant struggles. What's the meaning of existence? *WHAT COUNTS Most*



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For there is absolutely no last, complete, all-encompassing answer, much as we might want one. It is insightful, deep, and filled with "ah-ha!" moments. Most strongly suggested! In plain vocabulary, he presents our interior worlds and pulls out each facet in a way that affirms and celebrates just how our consciousness shapes our experience of life. It's a book to savor. Five Stars Great Read 45-50 a must read GREAT BOOK. The first two chapters, alone, are a gem to end up being cherished. Hollis has provided those of us searching for meaning in the next half of existence an encouragement to engage in and with the Mystery..The only criticism I've is that the author's use of erudite vocabulary, while impressive, eliminates from the stream of the book. This implies by no means being 100% sure, yet cultivating self-confidence; In most cases I thought the choice of word was relatively bombastic. Rightly, he highlights that our responsibility is to commit fully to living out our truth, or destiny, and our purpose. but he does say that lifestyle will be a lot more interesting, charged with greater meaning, so that even suffering could have some purpose & I have now browse the book a few more situations, and its messages and insight remains invaluable and powerful. I only wish that it turned out available 20 years ago; cultural programming, "preserving the strain of opposites," as many have place it. They're not condescending, not uttered from some ivory tower on high, not always comforting -- but they've helped me a great deal, by treating me as an adult. Highly recommend. Despite the fact that I didn't care for the author's writing design (it seemed to me he was attempting to hard to impress the reader along with his writing abilities), I quite definitely recommend this book. The article writer gimmicks are frustrating, but they are worthy of enduring for this content. Highly recommend. The poem by his boy touched me deeply . exploring it, will provide as much of an answer as we'll ever obtain.. This is my second Hollis book & ambiguity is the only way to grow beyond our interpersonal & The amount of this author's knowledge & insight astound me. Above all, it means facing probably the most unsettling, troubling areas of our own being, items we'd rather not know. Keep a dictionary by as the vocabulary retains you on your own toes. If you are feeling out of sorts with existence, or that you've been chasing the wrong carrot for several years, that is a good publication to help you sort out what occurred and how to get back again on a more appropriate and fulfilling path. The poem by his boy touched me deeply as I felt my own son could have created it. Simply no easy answers, but much wisdom In his latest volume, James Hollis delves into that toughest of most questions: What's everything about? He helps it be clear that the answer will be something different for every individual ... and that becoming a true individual, finding what our often-neglected potential can be & A Must-Read for Everyone I LOVE this publication. Accepting uncertainty & I am as thoroughly enamoured with it as I was with the first one. It'll open your eyes to your soul's contacting for you personally. Considering myself well read and somewhat educated, it was a chore to continuously have to make reference to the dictionary for understanding. taking risks & striving for a thing that may ultimately elude our grasp; But let's be apparent: Hollis is NOT advocating mere narcissism, ignoring personal responsibility & The wonder of his prose makes reading/studying this reserve all the more amazing. being resolute, yet hardly ever forgetting humility in the face of mystery. obligations with regard to sweetly addictive navel-gazing. That is the farthest issue from what he's proposing. He doesn't promise happiness or security .. If you are wanting to know why you are what your location is, the way you must live to have meaning, and to finally let go of the questions about the meaning of life, you need to read this reserve. June, 2013. Anyone over 45-50 essential read. Because ultimately, we all face countless losses, because of our own mortality. Not just one of us is definitely immune. Whether there's an afterlife or not really, all we know for sure is this fleeting lifestyle, with most of its miracles, pitfalls, sorrows & Affirms what the heart

already understands. How will we make the most of it, this short, ephemeral minute in the sea of infinity? That is indeed the question! After a year of reduction myself, Hollis' words hit home even more for me. Shallow pop psychology, soothing religious anodynes, fuzzy self-help -- none of that will be found right here. Actually, you'll find a lot more questions than answers. But they're vital queries, and the struggle to answer them will deepen & enrich your daily life in ways you hadn't imagined. I want to add a little personal testimony. Therefore don't open these web pages looking for neat, simple answers. What is Causing Your Mid-Life Crisis This is a good mid-life crisis book. Why settle for becoming anything less? James Hollis' history as a Jungian analyst informs his observations and discussions on what it really is to be human. Propelling us to ever-greater spiritual enlargement Dr. it would have saved me a lot of time of pain and suffering. Other than that, this book will probably be worth all your interest. It is the trip of enlargement that's our many prized possession. Excellent as Always for James Hollis Most of James Hollis' books are excellent and this one is not any exception. Not necessarily an easy read - but honestly one of the most insightful books I've ever browse. joys. A book for those who wish to live fully into this one "precious life" we have been given and discover life's course. Word Dribble Honestly, I felt like I was reading philosophical dribble compiled by a pretentious man who wanted to show boat the truth that he's wise. We get it, you possess a PhD (that is conveniently printed at the top of most pages if one requirements reminding). The message of the book, when you can decipher it amongst the overbearing wordiness, essentially tells us to never stop living and that settling for a lifestyle you presently live is like quitting on life itself. There's the old adage that one can not truly love or have a wholesome romantic relationship with others until they will have one with themselves. He also reminds us that while we can't control our fate, we are able to control our life options and conscious work to be the very best person we can possibly be. There have been some further insightful "nuggets" along the way, but the publication felt redundant generally. I found the audiobook much more tolerable. Wonderful indispensable journey for all Profound, engaging, and enlightening will be the words that describe my impression upon finishing this book. place. Poor prose style gets in the way Powerful Jungian thinker but not well written so I got small beyond the first handful of chapters. Runs on the a faintly unnatural quasi-poetic design that betrays a certain lack of knowledge of how to communicate in very clear prose. As a result the choice of words and phrases is imprecise.



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