

The background of the book cover is black, adorned with several autumn leaves in shades of yellow, orange, and red. The leaves are scattered across the cover, with some showing detailed vein patterns. The text is centered and layered over this background.

JAMES HOLLIS,  
PH.D.

THROUGH  
THE DARK  
WOOD

FINDING  
MEANING  
IN THE  
SECOND HALF  
OF LIFE

James Hollis PhD and

## Through the Dark Wood: Finding Meaning in the Second Half of Life



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Have you ever viewed your career, your relationships, or your function in life and wondered, "Is usually this why I'm really here? An Invaluable Guide through the Problems of Midlife "The second half of life isn't about searching for easy answers," James Hollis says. "When the illusions of our youth begin to crumble," explains James Hollis, "we reach a turning point that the poet Dante called the 'dark timber.'" With Through the Dark Timber, this penetrating thinker shares an eternity of insights about how exactly to navigate your life's most turbulent passages - and emerge from the darkness wiser, more powerful, and in better harmony with your soul's purpose. This marks the collision in the middle of your "False Self," produced from the anticipations of others, as well as your instinctive "True Personal. Regarding to Hollis, the 1st indication comes when you are feeling dissatisfied by where you are today-and hear a contact from within to live a far more purposeful life. Once the Second Half of Lifestyle Begins How do you understand when you've reached the "second half "of life?" Drawing upon his encounters with hundreds of clients, Hollis has an essential map intended for traversing the universal issues of midlife, such as for example building genuine romantic relationships, cultivating an adult spirituality, and letting go of older beliefs that no more serve you." If so, then you are prepared for your "midlife crisis" - the pivotal time when you have the chance to become the person your soul seeks to become. "It's about truthfully exploring the queries that provide richness and worth to your daily life." With Through the Dark Hardwood, this author and Jungian analyst reveals the steps we all must take on our road to true maturity, meaning, and fulfillment.



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