

The Spiritual Challenge Of Midlife Crisis And Opportunity

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With Worn-Out Tools
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Creatrix Rising
Emotional and Spiritual Growth for Midlife and Beyond
A Journey Through Midlife and Ageing
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The Spiritual Challenge Of Midlife Crisis And Opportunity

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PRECIOUS WASHINGTON

With Worn-Out Tools Loyola Press

Offers inspiration and guidance to help you make greater meaning and flourish amid the challenges of aging. It taps ancient Jewish wisdom for values, tools and precedents to frame new callings and beginnings, shifting family roles, and experiences of illness and death. For seekers of all faiths; for personal use and caregiving settings

Facing the Challenges of MS, Menopause and Midlife with Hope, Courage and Humor

Liguori/Triumph

Bianchi's wide-ranging book draws together insights from the social sciences, the humanities, and religion to establish a holistic framework for a spirituality of aging. He argues that middle life and late adulthood present opportunities for turning inward for a deeper contemplative life within the context of active, worldly endeavors. This can also augur a reform of social relationships--beyond individual development alone--toward the creation of a more cooperative, just society. In this way, physical decline is countered by a spiritual ascent. He summons aging persons, fortified with universal values and concerns gained from age and experience, to return to the centers of decision making. Throughout, the author ponders such questions as personal power, identity, fear, freedom, contemplation, sexuality, the church, faith, suffering, and hope. In candid interviews, older religious leaders reflect on their early value formation, personal traumas, choice of careers, midlife transitions, experiences of old age, and the prospect of death. In dwelling mainly on human spiritual dilemmas of the aging cycle, Bianchi offers a strong, clear message of hope--one that stands against the tide of our culture which tends to shunt older people to the outer eddies of life's stream. Aging as a Spiritual Journey is immensely valuable to all laypersons and those in the helping professions who are concerned about the quality of the aging process.

THE PATH OF MIDLIFE SPIRITUALITY

Jewish Lights Publishing

A moving, witty memoir chronicling the nearly 20 years a woman from St. Thomas who moved to the frozen tundra of the Midwest to attend college, learned she had multiple sclerosis. In a format mimicking the unpredictable course of MS, the now middle-aged and married Ambrosio's narrative of compelling and humorous personal essays and poems recounts how she deals with the arrival of "Duct Tape Days," walking like Frankenstein, recent menopausal moments, and other physical and emotional challenges.

Deep Water Passage Paulist Press

Revised edition of a text, originally published in 1989, which explores the challenge of midlife and ageing. Two new chapters on sexuality have been included. Considers psychological and physical aspects of middle age and ageing and discusses a spirituality of midlife and later years. Includes a bibliography. The author is a medical practitioner, psychotherapist and spiritual director. She is a member of the Society of the Sacred Heart and has counselled extensively with men and women in their middle and later years.

Jewish Wisdom for Growing Older Bookbaby

A Life Complete explains how the choices we make in midlife can become distilled and irreversible by the time we reach our last years. Having worked intimately and rewardingly with countless people in the last years of their lives, psychological counselor and ordained minister Sallirae Henderson offers a practical plan for healing in middle age so we can avoid elderly regret, unexpressed grief, and unresolved spiritual issues before it's too late. In a culture that ranks the fear of living in a nursing home above the fear of death, this book serves as a reminder that the end of life is also an organic part of life. It is an indispensable guide for those seeking to grow old gracefully, with a sense of meaning and purpose. Breaking new ground in the literature on aging, this powerful book teaches six emotional and spiritual skills necessary for finding purpose and contentment in our later years: BEFRIENDING YOURSELF LEARNING TO GRIEVE RECOGNIZING THAT YOU ALWAYS MAKE A DIFFERENCE MAINTAINING A SENSE OF PERSONAL EVOLUTION FINDING A LARGER CONTEXT FOR YOUR LIFE ACCEPTING THE HELP OF OTHERS Sallirae Henderson combines her vast personal and professional experience with a wide range of anecdotes guaranteed to strike a chord with readers from all walks of life. A Life Complete also serves as an excellent reference tool for analysts, psychotherapists, and both personal and professional caregivers. It is a remarkably

timely book.

Creatrix Rising Ambrosart, Limited

In recent years, profound changes have affected the way people view the role of religion and spirituality in the life cycle. For many people, spirituality, always considered an essential part of religion, has become an interest no longer tied to organized religion. This book addresses the evolving relationship of spirituality to religion in our time, and the consequences of this change for understanding personality development. It also applies the concept of implicit religion to show how the least easily observed aspects of religion are at work in the growth of personality.

EMOTIONAL AND SPIRITUAL GROWTH FOR MIDLIFE AND BEYOND

Jewish Lights Publishing

Why Do We Act Like There Is An Age Restriction on Spiritual Growth? For the last several decades, Western churches have focused the bulk of their resources on the early stages of discipleship—children's Sunday school, youth group, college ministry. While these are all important, we have neglected the spiritual growth of those in the second half of life. In fact, an outside observer might think that after the growth of the college years, the goal is simply to coast through the rest of your Christian life. Michelle Van Loon has a different idea. In *Becoming Sage*, she challenges those in midlife and beyond to continue pursuing radical spiritual growth, and she'll help you get started. She explores what the unique challenges of midlife can teach us about Jesus and how to think about everything from church, friends, and family, to money, bodies, and meaning. Don't settle for a life of coasting. Revitalize your spiritual growth today.

A Journey Through Midlife and Ageing Grand Central Publishing

When Amy Andrews and Jessica Mesman Griffith met in a creative writing class in graduate school, they both confessed to writing about God. They bonded one night while reading the Book of Ruth and came to truly understand the unlikely friendship of Ruth and Naomi. In these two Old Testament women, they witnessed a beautiful spiritual friendship and a way of walking with one another toward God. But how could they travel this path together when they would be separated by distance and time and leading busy lives as they established marriages and careers? They decided to write letters to each other—at first, for each day of Lent, but those days extended into years. Their letters became a memoir in real time and reveal deeply personal and profound accounts of conversion, motherhood, and crushing tragedy; through it all, their faith and friendship sustained them. Told through the timeless medium of letters—in prose that is raw and intimate, humorous and poetic—Love & Salt is at its core the emotional struggle of how one spiritual friendship is formed and tested in tragedy, tempered and proven in hope.

Hidden Blessings Turner Publishing Company

With Worn-Out Tools is the story of a fiftyish black call center executive who, at the height of his career, in one year is struck down with a series of serious health issues, a career transition, and a shift in family dynamics. Take his journey with him as he navigates through these midlife rites of passage that challenges his resolve, strains his resources, and reconfigures his paradigm. You will root for him, laugh with him, and cry with him as he works his way through his path which may be much like your path.

A NOVEL

Page Publishing Inc

At Midlife Your Story is Only Half Told. Many people "die" in their 50s and just aren't buried until their 80s. That's because they did not take the full journey available to them at midlife. The whole point of midlife is to allow - even force - a re-evaluation of who you are and the life you have created, giving you your very best chance to discover, realize, and actualize your deepest spiritual nature in everyday life.

Cultivating Meaning, Purpose, and Spirituality in Midlife Harper Collins

This book is about the origin and expansion of the Judeo/Christian belief. The neo/technologies and ideo/evolution facing the 21st century have set the stage for a revised current and relevant history of the moral and intellectual journeys of the human species. These were Eras that became the spiritual, theological, and ideational "marvels of enlightenment" that occurred over millennia, always set within the context of Divine freedom. This reworked history can be best told in two parts. Part I tells us that God chose to make use of set-apart people to accomplish His Divine plan for Planet Earth; first, as Ancient Hebrews, then as Caucasian Alpha-Males, and finally as Evangelical Christians. Part II of this unique account involved "all about Jesus," the incarnate God, sent by the

Father to help humanity understand His nature and intentions. Jesus became the visible expression of the invisible Deity. Accordingly, set-apart people were needed: (a) to counteract the all-encompassing, moral depravity of the Ancient World; (b) to set up the means of worship that pleases, not offends, God's essential righteousness; and (c) to reveal the organic, scientific and mathematical truths of our physical reality. In Part II, Jesus becomes the focus of salvation, sanctification, resurrection, and eternal glorification for each soul. Thus, God's Intelligent Design of Planet Earth

CONTEMPLATION AND MIDLIFE CRISIS

Penguin

Proctor McCullough is 44 years old. When he decides to desert his comfortable, middle class life in London and build a church on a cliff-top, nobody knows what to make of it; McCullough is not religious. Is it a midlife crisis? Has he gone mad? Is he suffering a spiritual crisis in a secular age, where identity is shaped by wealth and social media? Or has he really been chosen by God for a new revelation? Family of Love is an epic novel in the tradition of Dostoevsky; a character struggling to cope with the grand issues of modern life - faith, family, and his responsibility to society. Proctor McCullough is 44 years old. When he decides to desert his comfortable, middle class life in London and build a church on a cliff-top, nobody knows what to make of it; McCullough is not religious. Is it a midlife crisis? Has he gone mad? Is he suffering a spiritual crisis in a secular age, where identity is shaped by wealth and social media? Or has he really been chosen by God for a new revelation?

Paulist Press

This book precisely maps a unique journey that turns the problems and conflicts that inevitably arise in relationships into opportunities for deeper connection. Illuminating case studies, guided self-inquiries, and challenging exercises help you discover how to engage your partner in a deeper dialogue and find ways of expressing the most profound and untamed aspects of your nature.

A Spiritual Friendship Shared in Letters Simon and Schuster

Discover how negative experiences such as loneliness, depression, and anxiety can be opportunities for personal growth! *Ways of the Desert: Becoming Holy Through Difficult Times* analyzes the similarities and differences between spiritual and psychological experiences. This book shows religious professionals and others interested in spiritual development how suffering can foster growth. You will explore the so-called "negative" desert experiences--depression, anxiety, loneliness, guilt, and anger--and learn how they can be opportunities for spiritual growth. This book explains why opposites are necessary and related parts of healthy and holy development, and that, especially in a spiritual life, the positive and negative are related. *Ways of the Desert* will take you on a journey through the "deserts" and "promised lands" of adolescence, adulthood, and the elderly years. In most Western cultures the acceptance of opposites as a necessary and related part of healthy and holy growth is not common, and its rejection can engender spiritual stagnation. *Ways of the Desert* offers suggestions on creating lifelong spirituality including: understanding the need for both "clock" time for functional order and "sacred" time to redeem us from the boredom of our daily challenges understanding the languages of the desert, or the messages that are primarily nonverbal, ambiguous, or ambivalent using effective communication when expressing feelings such as shame, frustration, anger, or anguish examining the similarities and differences between psychological and spiritual activity comparing psychological twelve-step help programs to spiritual growth journeys This extraordinary book works to help you make sense of your life when you feel lost, trapped, depressed, or lonely. You will attain spiritual guidance to assist you on your journey through life and help you understand that the deserts of negative experiences that we sometimes wander into can be illuminating opportunities for spiritual progress. *Ways of the Desert* will guide you through difficult and challenging times and help you achieve spiritual satisfaction and happiness in life.

Noon to Nightfall Princeton University Press

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Age Smart Random House

NAMED ONE OF THE BEST BOOKS OF THE YEAR BY People • O: The Oprah Magazine • Financial Times • Kansas City Star • BookPage • Kirkus Reviews • Publishers Weekly • Booklist NEW YORK TIMES BESTSELLER "A stunner."—Justin Cronin "It's never the disasters you see coming that finally come to pass—it's the ones you don't expect at all," says Julia, in this spellbinding novel of catastrophe and survival by a superb new writer. Luminous, suspenseful, unforgettable, *The Age of Miracles* tells the haunting and beautiful story of Julia and her family as they struggle to live in a time of extraordinary change. On an ordinary Saturday in a California suburb, Julia awakes to discover that something has happened to the rotation of the earth. The days and nights are growing longer and longer; gravity is affected; the birds, the tides, human behavior, and cosmic rhythms are thrown into disarray. In a world that seems filled with danger and loss, Julia also must face surprising developments in herself, and in her personal world—divisions widening between her parents, strange behavior by her friends, the pain and vulnerability of first love, a growing sense of isolation, and a surprising, rebellious new strength. With crystalline prose and the indelible magic of a born storyteller, Karen Thompson Walker gives us a breathtaking portrait of people finding ways to go on in an ever-evolving world. "Gripping drama . . . flawlessly written; it could be the most assured debut by an American writer since Jennifer Egan's *Emerald City*."—The Denver Post "Pure magnificence."—Nathan Englander "Provides solace with its wisdom, compassion, and elegance."—Curtis Sittenfeld "Riveting, heartbreaking, profoundly moving."—Kirkus Reviews (starred review) Look for special features inside. Join the Circle for author chats and more.

DARKNESS AND PERSONAL GROWTH (REVISED AND EXPANDED)

Prentice Hall Professional

The Spiritual Challenge of Midlife Crisis and Opportunity Liguori/Triumph

Finding Your Grit and Grace Beyond Midlife Rowman & Littlefield

Philosophical wisdom and practical advice for overcoming the problems of middle age How can you reconcile yourself with the lives you will never lead, with possibilities foreclosed, and with nostalgia for lost youth? How can you accept the failings of the past, the sense of futility in the tasks that consume the present, and the prospect of death that blights the future? In this self-help book with a difference, Kieran Setiya confronts the inevitable challenges of adulthood and middle age, showing how philosophy can help you thrive. You will learn why missing out might be a good thing, how options are overrated, and when you should be glad you made a mistake. You will be introduced to philosophical consolations for mortality. And you will learn what it would mean to live in the present, how it could solve your midlife crisis, and why meditation helps. Ranging from Aristotle, Schopenhauer, and John Stuart Mill to Virginia Woolf and Simone de Beauvoir, as well as drawing on Setiya's own experience, *Midlife* combines imaginative ideas, surprising insights, and practical advice. Writing with wisdom and wit, Setiya makes a wry but passionate case for philosophy as a guide to life.

AGING AS A SPIRITUAL JOURNEY

AuthorHouse

The bestselling author's inspiring autobiographical account of personal pain, spiritual awakening, and divine grace. "Inspiring. Sue Monk Kidd is a direct literary descendant of Carson McCullers."—Baltimore Sun "Grounded in personal experience and bolstered with classic spiritual disciplines and Scripture, this book offers an alternative to fast-fix spirituality."—Bookstore Journal Blending her own experiences with an intimate grasp of spirituality, Sue Monk Kidd relates the passionate and moving tale of her spiritual crisis, when life seemed to have lost meaning and her longing for a hasty escape from the pain yielded to a discipline of "active waiting."

Menopause & Homeopathy InterVarsity Press

Offers sensitive and intelligent wisdom from a woman who learned how awakening to religion can transform and disrupt a life. A poignant personal testimony of the discoveries, achievements, and disappointments of a woman's renewed commitment to her faith."