

The Spiritual Challenge Of Midlife Crisis And Opportunity

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The Spiritual Challenge of Midlife: Crisis and Opportunity. In this concise volume the world-renowned spiritual master Anselm Grun invites readers to understand the twofold nature of midlife: on the one hand it is associated with a variety of problems or crises.

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This book helps the reader in midlife crisis frame his/her experience in spiritual/contemplative terms, and thereby provides a wider context in which to understand and eventually accept it.

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.

Midlife is a time of transitions, some welcome and others not so welcome. Thankfully, the Bible provides principles and guidance for dealing with difficult times—midlife included. In these studies, you'll tap into that wisdom and learn how you can experience God's grace today and move forward with confidence. Whether you're struggling with the challenges of the present, mired down by mistakes in your past, or excited about the prospects of the future, you'll benefit from these important questions and life-enhancing answers for Women at Midlife.

Having been mentored by Viktor E. Frankl, the founder of logotherapy, Emeritus Professor David Guttmann authored this book so general readers may understand this approach to finding meaning in life at the point when most of us begin deeply wondering over that question, at midlife and beyond. Especially in this day and age of multiple demands on our time and seemingly non-stop obligations, we too often find that it is only when the dust settles, after a work day or work week, or even after retirement, when we begin to wonder: What is the meaning of life? The purpose? This book is a new millennium venture into those questions and their answers using logotherapy, written by a sage understudy who recalls Frankl, with his logotherapy, as the epitome of his theory even at 80 years old, wise and witty, exuding an energy, enthusiasm and youthful spirit that belied his years by decades. Aging does not diminish our power, our energy, and our quest for life, but reshapes it with new understandings, goals, and needs. But, says Guttmann, we live in a technical and machine-based world now, in which there is a danger of losing our souls. Here, readers find a new, creative perspective on aging and a fresh spiritual outlook. This book will be of interest not only to general readers, especially those at midlife and beyond, but also to their families, friends, and students or professionals in the helping professions. This unique work provides knowledge to find meaning in life derived from the fields of philosophy, psychology, religion and gerontology, with case illustrations and vignettes to give readers both intellectual pleasure and practical guidance.

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An inspiring collection of writing about women's spirituality in the second half of life includes contributions from Vivian Gornick, Audre Lorde, Erica Jong, Grace Paley, Terry Tempest Williams, Isabel Allende, Barbara Hurd, Sandy Boucher, and Maya Angelou, among others. Original.

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.

Thoughtful exploration of midlife spirituality through the prism of nature walks Study questions for each section Roger Owens, facing a "dark night of the soul" as he turned forty and entered midlife, was encouraged by his spiritual director to think of it instead as a "threshold of discovery." Rather than go on a grand adventure like walking the Appalachian Trail or the Camino de Santiago, he decided to mark his fortieth year by taking forty walks in a nearby nature preserve. With patience and attention, he explored the concerns rising within him: the inevitability of death, his boredom with life, and the reality of his changing faith, changing images of God, and changing sense of self. The result is forty short chapters that weave together insightful stories of his walks with accessible history and practices of Christian spirituality and the lives of saints. This field guide to the spirituality of midlife facilitates readers' personal journeys through questions of faith, purpose, and relationships. It is not solely a memoir, but a work of wisdom literature that uses engaging first-person narratives to explore universal themes and spiritual inquiry. Wise and imaginative, and with study questions for each section, Threshold of Discovery is the companion guide for a thoughtful Christian journey.

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