

The Spiritual Challenge Of Midlife Crisis And Opportunity

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.

Postmaterial spiritual psychology posits that consciousness can contribute to the unfolding of material events and that the human brain can detect broad, non-material communications. In this regard, this emerging field of postmaterial psychology marks a stark departure from psychology's traditional assumptions about materialism, making this text particularly attractive to the current generation of students in psychology and related health and wellness disciplines. The Oxford Handbook of Psychology and Spirituality codifies the leading empirical evidence in the support and application of postmaterial psychological science. Sections in this volume include: - personality and social psychology factors and implications - spiritual development and culture - spiritual dialogue, prayer, and intention in Western mental health - Eastern traditions and psychology - physical health and spirituality - positive psychology - scientific advances and applications related to spiritual psychology With chapters from leading scholars in psychology, medicine, physics, and biology, The Oxford Handbook of Psychology and Spirituality is an interdisciplinary reference for a rapidly emerging approach to contemporary science. This overarching work provides both a foundation and a roadmap for what is truly a new ideological age.

Each session focuses on one of the 10 issues through background information, discussion questions, biblical reflection, guidance for daily life, and helps for the leader.

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

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."

Transitions Through Adult Life is a comprehensive survey of the stages of adult life with implication for church and ministry responses.

This book is a spiritual toolbox--filled with techniques, practices, and suggestions to challenge every belief you presently hold. It will cause you to question whether your beliefs are supporting you and will assist in creating new beliefs that serve your best and highest good. From the introduction for The Power of Spiritual Vigilance: "Thoughts are the building blocks of life. Our thoughts, beliefs, and subsequently our spoken words create our experience of reality and all that has shown up in our lives. Life is a self-fulfilling prophecy ... "It is possible to live a life of harmony and balance--fullness and wholeness. People who have developed a certain mastery over their thoughts, words, and actions, moment by moment, are practicing ... spiritual vigilance and the natural, subsequent result of that practice is living life with fearless faith."

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.

Midlife is more than a crisis. It is a summons to grow and a challenge to change. Midlife beckons one inward. It is a move to interiority, a passage to the deeper places where we discover our authenticity, where we realize both our limitations and our grandeur.

Becoming Religious is a contemporary investigation of a classical question in the scientific study of religion -- why religion? Why do people devote themselves to unseen, mysterious powers and goals? An answer is proposed from the religious biographies of contemporary South Georgians from all walks of life. Relevant theories from across the subdisciplines of religious studies are marshaled to explain how personal religious commitment emerges and grows.

Today's society faces many problems that cannot be solved by the application of reason, logic or medicine. Some of these include alcoholism, suicide, drug addiction and child abuse to name but a few. Many mental health problems are on the increase such as depression, phobias and anxiety with no obvious solution in sight. In Gods and Diseases, David Tacey argues that the answers lie in leaving behind the confines of conventional medicine. Instead we should turn towards spirituality and to what he calls 'meaning-making', to make sense of our physical and mental wellbeing and explore how the numinous may help us to heal.

Clergy and laity who want their congregations to be places of support for people in the midlife years of ages 35 to 55 will welcome Baab's insights and guidance. Whether experiencing those years as a struggle with gentle but persistent questions, as a welcome change of direction, or as a life-altering period of crisis, people look to their faith communities for reassurance. Baab explores ways of creating congregations that provide support for this huge transition group. Foreword by Nancy B. Millner, author of Navigating the Midlife Years.

This comprehensive guide to using homeopathy is directed at women ages 35 and above. Dr. Ifeoma Ikenze explains her approach to wellness through all aspects of menopause. B&W illustrations. Charts. Tables.

The Spiritual Challenge of MidlifeCrisis and OpportunityLiguori/Triumph

Staying married is a challenge all couples face, especially at midlife when issues of intimacy and the "empty nest" come to the forefront.

This interdisciplinary study of commitment draws on the disciplines of theology, philosophy, and psychology to demonstrate the importance of trust in midlife adulthood. It gives particular attention to the place of trust in resolving tensions surrounding commitments. Taking a relational perspective, this text addresses the various aspects of commitment as they affect the self, the community, and God. Several midlife people serve as test cases to illustrate the

crucial role of trust for those who are called to reassess interpersonal commitments at midlife. Contents: An Ethics of Trust; Marcel on Philosophy of Trust; Theology of Trust; Psychology of Trust; and An Ethics of Trust; Trust and Commitment in Adulthood.

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.

Framed in Jungian theory, portrays midlife as a time for renewal, growth, and understanding.

Midlife is a season of challenge and change—professionally, relationally, physically, and spiritually. But "midlife" doesn't have to be synonymous with "crisis" within our marriages. With vulnerability and insight, this book will inspire and encourage you to invest in your relationship with your spouse, enabling you both to thrive as you face this era together. Over a century ago, psychologists who were fascinated with religion began to study and write about it. Theologians and religious practitioners have responded to this literature, producing a fascinating dialogue that deals with our fundamental understandings about the human person and our place in the world. This book provides an introduction to the important conversations that have developed out of these interchanges. The dialogue between psychology and religion is difficult to study for a number of reasons. First, it requires knowledge of both psychology and religion. People with a background in psychology often lack a solid understanding of the religious traditions they wish to study, and theologians may not be up to date on the latest developments in psychology. Second, it requires conceptual tools to organize the material and understand the basic problems involved in any attempt to connect the science of psychology with religion. These concepts can be found in many places, for instance in the writings of philosophers of science, but they are complex and often hard to follow for those without a proper theological and philosophical background. Finally, authors who write on the topic come to the study of psychology and religion from a variety of academic and personal backgrounds. This makes for wonderful diversity in conversations, but it makes understanding and mastery of the material quite difficult.

In *Adventures of the Spirit*, Phyllis Sternberg Perrakis brings together eleven American and Canadian "literary gerontologists" to examine a new kind of adventure for the older woman in literature. This volume of critical essays analyzes recent works by contemporary women writers whose characters' midlife and later life changes are mapped in their narratives. Rather than focusing on the painful losses undergone by women of a certain age, recent narratives explore a new kind of adventure of aging, one that is spiritual in nature, enabling new ways of being and becoming, but open-ended and capable of great variation in practice. In particular, these journeys of the spirit focus on the retrospective movement undergone by a midlife or older woman as she is led by inner or outer forces to assess where she has come from and decipher a shape or pattern to her journey. These journeys do not leave the body behind as they map new spiritual territory. Rather they honor spirit's embrace of the natural world and relationships as well as its aspirations for evolving development and eternal existence. The essays in *Adventures of the Spirit* employ a wide variety of critical lenses to chart these adventures, including archetypal, Sufi, post-colonial, and feminist analysis; archival research; aboriginal life writing; and trauma theory. These studies bring a new understanding to women's adventure of age in both literary texts and in life.

Discover the manual that will help you teach ministry students and effectively minister to people in all developmental stages! *Caring for People from Birth to Death* is a helpful resource for people who care for people. Each chapter describes a particular stage of development in the human pilgrimage from the preschool years to senior adulthood--from the cradle to the rocking chair. Guidelines and usable suggestions for a caring ministry are included in each chapter. In *Caring for People from Birth to Death* spirituality as it relates to the developmental process is explored by the contributors with a new section in each chapter that concerns the growth and decline of a person's spirituality throughout his or her life. Some of the issues you will explore in this new edition include: developmental theories and spiritual issues for every stage of life caring for the elderly through a team effort ministering to confused adolescents expanding your parishioners' feelings of self-worth the fundamentals of teaching preschoolers about Jesus working towards spiritual growth in adult males *Caring for People from Birth to Death* is for seminary students studying developmental psychology and ministry, for CPE training programs, for pastoral counseling training programs, seminary professors, pastoral counselors, and church staff ministers. This concise handbook will help you quickly grasp the developmental issues people face and give you ideas on how the church can effectively minister to these folks. This book is updated from its original publication, and each contributor's intrinsic style has remained intact for you as you explore and learn from this complete manual on ministering to your community members. *Caring for People from Birth to Death* offers you practical, ready-to-use strategies for understanding, taking care of, and ministering to people of all ages.

Riding at the head of her army, Holy Matriarch of Mann plans to conquer the fortress city of Bar-Khos, whose walls have held the empire at bay for ten long years of siege. Ash is a man who would see her dead before that. The ailing R?shun assassin is determined to seek vengeance for the Matriarch's previous crimes. But such a course of retribution goes against everything his life has taught him. Meanwhile, Ché, a trained killer of the state, watches as the Mannian army slaughters their way across the remnants of the free world, and questions whether he believes the doctrines he has been trained to follow. With the battle for the Free Ports intensifying, more lives are drawn into the bloody conflict: Bahn, the siege-shocked soldier; and Curl, a young woman determined to make a stand even if it costs her life. When the two armies clash all looks set to be decided. But sheer force alone will not be enough to win this war. Only the gruelling determination of one man seeking redemption may be enough to sway the final outcome . . . 'One of the most refreshing new fantasies out there' SFX, 'Packed with action, adventure and incident ... a cleverly plotted story

FantasyBookReview.co.uk, 'Engaging and addictive . . . one of the best novels I've read this year' Civilian-Reader blog 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.

THE DEFINITIVE RESOURCE ON MIDLIFE DEVELOPMENT Edited by Margie Lachman, a leader in the field, *Handbook of Midlife Development* provides an up-to-date portrayal of human development during the middle years of the life span. Featuring contributions from well-established, highly regarded experts, this exhaustive reference fills the gap for a compilation of research on this increasingly important topic. Divided into four comprehensive sections, the book addresses the theoretical, biomedical, psychological, and social aspects of midlife development. Each chapter includes coverage of unifying themes such as gender differences, ethnic and cultural diversity, historical changes, and socioeconomic differences from a life-span developmental perspective. Readers will discover what can be learned from individuals' subjective conceptions of midlife; explore various "cultural" fictions of middle age; examine the resources individuals have at their disposal to negotiate midlife; consider mechanisms for balancing work and family; and other topics as presented in the latest research from the social, behavioral, and medical sciences. *Handbook of Midlife Development* is an indispensable resource for professionals and practitioners who work with adults and for researchers and students who study adult development and related topics. Some of the midlife topics discussed: * Cultural perspectives * Physical changes * Stress, coping, and health * Intellectual functioning * Memory * Personality and the self * Adaptation and resilience * Emotional development * Families and intergenerational relationships * Social relationships * The role of work * Planning for retirement

An easy, conversational book that takes on the major issues of midlife including family, relationships, social responsibility, and spiritual practices. An ideal resource for individual reflection or adult study groups.

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. On the other, it provides powerful opportunities for spiritual growth. This challenge--which is an inevitable work of God's grace--is an invitation into the fullness of our vocation. Anselm Grun brings together ancient and modern thought, including the spirituality of the medieval mystic Johannes Tauler and the psychology of Carl Jung, in order to foster greater self-understanding during midlife.

Created especially for women, this inspirational Mothers Day gift book includes heartfelt reflections, experiences, and insights from amazing women like Joyce Meyer, Juanita Bynum, Diana Hagee, and Judy Jacobs.

Presents a guide to the names and specialities of American and Canadian publishers, editors, and literary agents, including information on the acquisition process and on choosing literary agents.

The transition every woman encounters at midlife is concomitant with challenge and opportunity. This is often a time of reflection; while the body is undergoing significant physiological change many women question their inner and outer life structures as well. This paper explores how the practice of yoga can support women in embracing the physical, emotional, social, and spiritual challenges of this developmental stage so that they may engage mindfully with every aspect and emerge with deepening wisdom and authenticity. - Author's abstract.

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.

A familiar figure from his long career as one of the world's most prominent theologians, this account of his midlife journey provides a fascinating insight into one of the most momentous decades of the Church's history. Against the background of the events that swept the world from the death of President Kennedy to the Soviet invasion of Czechoslovakia, and of the spiritual revolution caused by Vatican II, in this timely volume, Fr Gerald O'Collins provides a personal counterpoint to those turbulent times inside and outside the Catholic Church. 'Gerald O'Collins journey coincided with all the dramatic events of post-war European reconstruction, the demise of the British Empire, May 1968 in France, the Beatles generation, and, perhaps as significant as any of them, the revolution in world Christianity caused by the Second Vatican Council. With remarkable honesty and lucidity, Gerald describes the impact of the Council on his generation of young priests. He pulls no punches as he narrates the challenge to his thinking and calling to celibacy. The story could easily have been sanitized. Thankfully he has not given in to that temptation. He has presented a fascinating and detailed autobiography of a fruitful and fulfilled life.' Lord Carey of Clifton, former Archbishop of Canterbury Gerald O'Collins, SJ is one of the best-known theologians and spiritual writers in the English-speaking world, and is the author or co-author of sixty books. Australian-born, he has lectured and taught in England and Ireland as well as the United States and Australia, and for many years at the Gregorian University in Rome.

Prepares readers for an age when most begin to question the paths they have taken during their lives and suggests using this midlife crisis as a cue to embark on a journey of self-discovery

These volumes provide creative and provocative analysis of each of the Church's seven sacraments.

When Susan Paget was 47 years old, she realized that even though she was reasonably healthy, had a happy family life and a career as a television producer - something wasn't right. Unable to sleep, having panic attacks and all around feeling lousy, her own doctors weren't able to get to the bottom of what was going on. It took watching a daytime talk show for Susan to work out that she was smack in the middle of perimenopause - the lead up to menopause. Susan soon discovered a strange code of silence around this natural process and took off on a mission to discover what was happening, how to take charge and feel good during this key time of life. "Be Your Own Change Guru - The Ultimate Women's Guide For Thriving At Midlife" is a step by step guide for making change, specifically for women over 40. The book addresses common midlife challenges including relationship issues, career transition, body image, finding life purpose and facing empty nest and fertility issues while at the same time, weaving Susan's personal journey throughout.

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