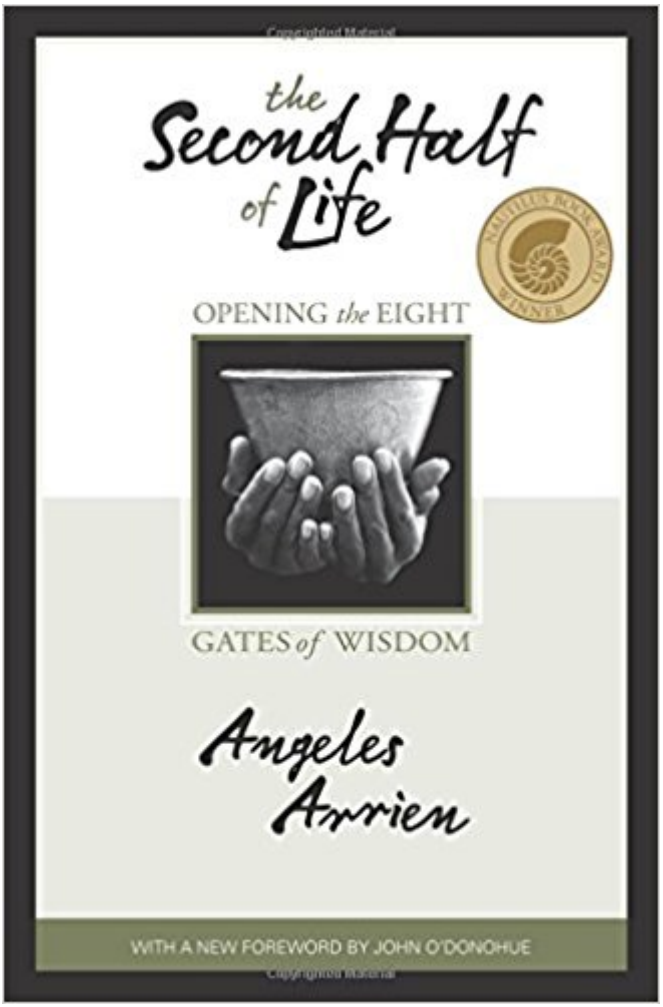
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The Second Half Of Life: Opening The Eight Gates Of Wisdom



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Synopsis

"There is a grace in this book, an invitation to beautiful, deep wisdom, a banquet to refresh your spirit for the years ahead."Ã¢â ¬â ¢Jack Kornfield, PhD, author of A Path with Heart"The Second Half of Life is a wise, unique, and beautifully written guidebook for those who want to live every day of their lives. A book for everyone who plans to grow old."Ã¢â ¬â ¢Rachel Naomi Remen, MD, author of Kitchen Table Wisdom and My Grandfather's BlessingsWhen you find the courage to change at midlife," Angeles Arrien teaches, a miracle happens. Your character is opened, deepened, strengthened, softened. You return to your soul's highest values. You are now prepared to create your legacy: an imprint of your dream for our worldÃ¢â ¬â ¢a dream that can fully come true in The Second Half of Life.Working with images, poetry, metaphors, and other forms of symbolic language from diverse world cultures, Dr. Arrien introduces us to the Eight Gates of Initiation. By mastering their lessons and gifts, you harvest the meaning and purpose of your life, and come into spiritual maturity. With The Second Half of Life, she takes you step-by-step through each gate to deepen your most valuable relationships, reclaim your untended creative talents, and shift your focus from ambition to meaning to grow into the exceptional elder you've always imagined you would one day become.

Book Information

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Customer Reviews

Anthropologist and author Angeles Arrien brings listeners--in 12 challenging lectures--the golden keys to all midlife work, including rare indigenous rituals, fascinating myths, biblical wisdom, teachings on creativity and generativity, and much more. --This text refers to an alternate Paperback

edition.

Angeles ArrienAngeles Arrien, PhD (1940Ã¢â ¬â œ2014) received her masterÃ¢â ¬â„¢s degree from the University of California at Berkeley, and her doctorate from the California Institute for Integral Studies. Dr. Arrien's teachings bridge the disciplines of anthropology, psychology, and comparative religion, while focusing on universal beliefs shared by humanity. She lectured and led workshops internationally on cultural anthropology and transpersonal psychology at colleges, corporate settings, and personal growth facilities. Her books include The Four-Fold Way, The Second Half of Life, and Living in Gratitude, and her audio-learning programs include Gratitude, Gathering Medicine, and more.

"The Second Half of Life" can be used for those of us in the iffy third, or even quarter tiny bit of life. I don’t know if I have 10 or 20 years left of activity, or time to change my external options. But Angeles also encourages the reader to consider inward change, picking up old ideas and running with them. Or, perhaps, to drop the mask and go through new gates, embracing aging as a time for calming down. Too often we think of goal setting as a call to wild and crazy. I’m reconsidering, and believe it might be to embrace contemplative but just as crazy options.I give this as a gift for 2nd marriages, 50/60+ birthday gifts, and people facing the changes brought by grief, loss, and retirement. As a therapist and author, I encourage the belief that we can draw wisdom from wise sources.Embracing True Prosperity: Guided Visualizations & Practical Tools To Realize Your Deepest DreamsThe Courage to Trust: A Guide to Building Deep and Lasting Relationships

I’ll read anything written by Angeles ArrienÃƒÂ¢Ã â ¬Ã â •she is one of my most profound and appreciated wisdom teachers. This book is a must for anyone over 50. I love her knowledge, understanding and passion for sharing what she knows about ways each one of us can help to bring peace to our world by first bringing it "home" into our minds, hearts and souls.

I am almost through second half of life at 88. My two daughters are starting at 55 and 57. I thought it was valuable enough to have them read it. I have it on my kindle and gave the hard copy to the girls. jean

I tried hard to get into this book but it didn’t resonate. There were a few practical pieces. The writing style bugged me - the author speaks of the gates we go through in a way that came across as too

ethereal for my tastes.

Sorry, Arrien, but even from the vantage point of being a yoga and meditation teacher and in the second half of life, I couldn’t get into your book. I really wanted to. The topic has such potential. I kept plugging away at your book but, truthfully, it seems like a lot of smoke and mirrors.Big disappointment.

Great person with excellent teaching stories. I have attended her seminars also. Her work stays with you. You won’t be sorry you listened.

And return to it periodically. Useful, lovely, underlined, well used and recommended to other women "of a certain age" and introspective type.

Good workbook for anyone wanting to make the most of their short life here. Some friends and myself used this book to create a personal journal/diary of Arrien’s ideas and suggestions. We used images/personal items also to inspire us to act. If used thoughtfully, this book can make living into our elder years the Best Half of Our Life.

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