



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

James Hollis

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The second half of life isn't about reaching a certain age or even "getting old". According to James Hollis, it is a pivotal time of rebirth when we stop living out the expectations of others-and start answering our soul's true calling. With Through the Dark Wood, this Jungian analyst and master storyteller provides an invaluable guide for listeners facing the challenges of midlife. Invoking a rich combination of mythology, poetry, and psychological insights, Hollis invites listeners to discover how the so-called "crisis" of midlife is actually a unique opportunity to grow out of the illusions of youth, develop true spiritual maturity, and live up to the greatness of your soul's desire.



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