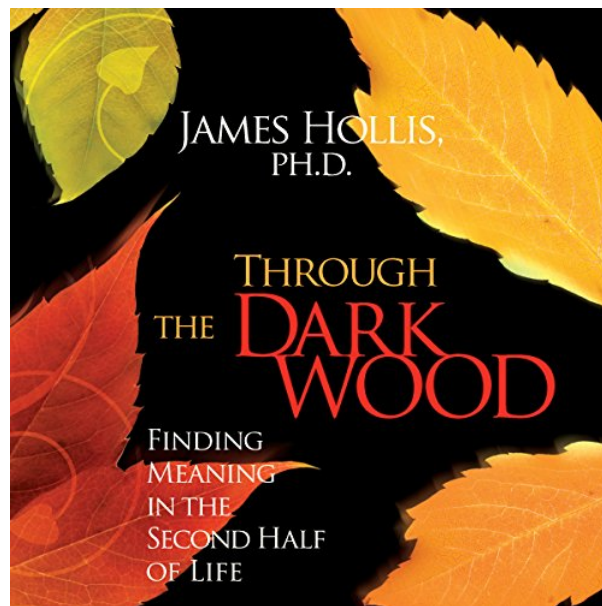
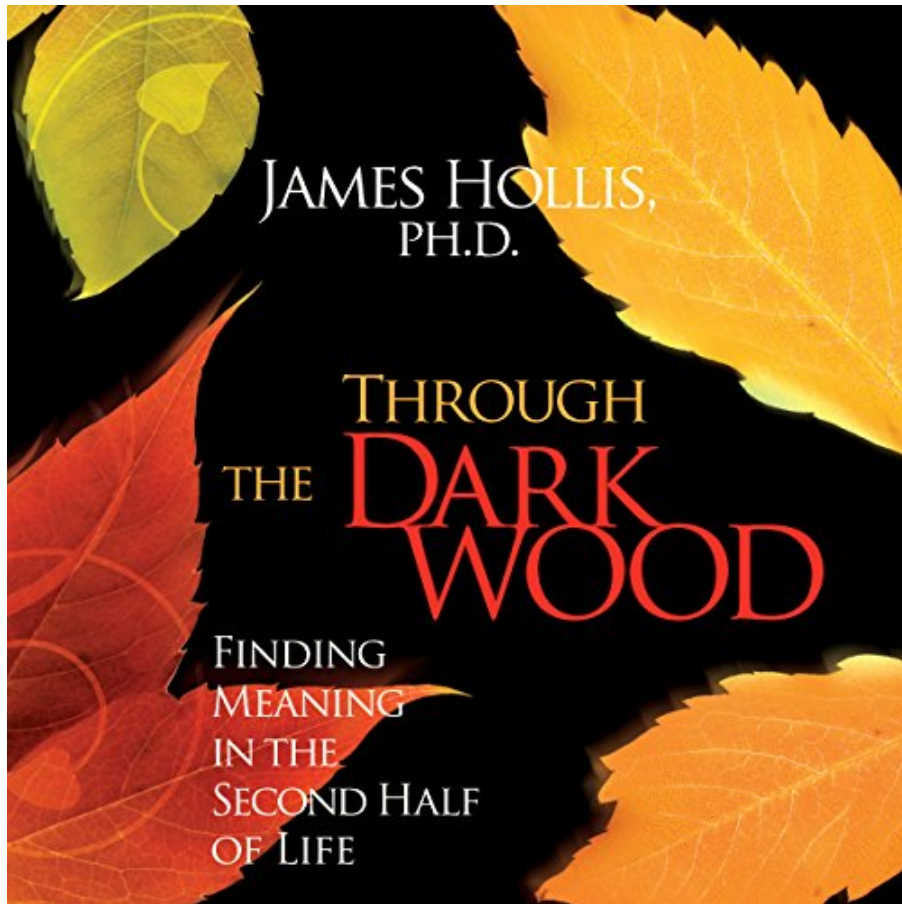


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Have you ever looked at your career, your relationships, or your role in life and wondered, "Is this why I'm really here?" If so, then you are ready for your "midlife crisis" - the pivotal time when you have the opportunity to become the person your soul seeks to be.

"When the illusions of our youth begin to crumble," explains James Hollis, "we reach a turning point that the poet Dante called the 'dark wood.'" With *Through the Dark Wood*, this author and Jungian analyst reveals the steps we all must take on our road to true maturity, meaning, and fulfillment.

When the Second Half of Life Begins

How do you know when you've reached the "second half" of life? According to Hollis, the first sign comes when you feel dissatisfied by where you are today-and hear a call from within to live a more purposeful life. This marks the collision between your "False Self," created from the expectations of others, and your instinctive "True Self."

Drawing upon his experiences with hundreds of clients, Hollis provides an essential map for traversing the universal challenges of midlife, such as building genuine relationships, cultivating a mature spirituality, and letting go of old beliefs that no longer serve you.

An Invaluable Guide through the Challenges of Midlife

"The second half of life isn't about looking for easy answers," James Hollis says. "It's about honestly exploring the questions that bring richness and value to your life." With *Through the Dark Wood*, this penetrating thinker shares a lifetime of insights about how to navigate your life's most turbulent passages - and emerge from the darkness wiser, stronger, and in greater harmony with your soul's purpose.

- Sales Rank: #12633 in Audible
- Published on: 2014-09-23
- Format: Original recording
- Original language: English
- Running time: 445 minutes

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29 of 29 people found the following review helpful.

Finally, Jim Hollis on Tape!

By Joanna

I love Jim Hollis and now, the estimable Sounds True has recorded several hours of Mr. Hollis on the inner life at mid-life. I'm a huge fan of Hollis' and it's great to be able to hear his voice. This is NOT a book on tape, but rather, a series of personal, deeply felt talks. Highly recommended.

28 of 29 people found the following review helpful.

Lions and tigers and bears, Oh my!

By J. Chase

Just spent a day and a half listening to James Hollis in person.

He has such clarity and can speak from such a deep place of understanding.

His tapes are like sitting in a comfortable room, gently viewing the soul of mankind, my own soul, its beauties and its fears and deciding its well worth the journey.

16 of 17 people found the following review helpful.

Excellent!

By anonymous book critic

As I work through these incredible CD's, I can say with great certainty that this is among the most important information I've ever heard in my life. As James Hollis so eloquently elucidates, unless we truly understand ourselves and what is always subconsciously motivating our behavior, truly we are lost in the dark woods: wondering why we are repeating the same disappointing or destructive behaviors over and over, often contrary to our best intentions. The reason is that there are powerful, and often elusive forces at work in the psyche... things that herald back to our deepest emotional impressions in childhood, much of which may be repressed or forgotten. Perhaps it is only when we reach the crisis of middle age (not necessarily a chronological event, as he explains, but often is) that our subconscious "summons" us (to use Dr. Hollis' term) with "symptomatology" (such as depressions, anxiety, dissatisfaction with our relationships/careers/lives, etc) that we can no longer ignore or deny. Perhaps some of us will be "lucky" enough to sidestep this crisis in later life, but I suspect many of us will not. For those of us who cannot or will not sidestep it, Dr. Hollis' work provides an extremely coherent and powerful roadmap to navigating this thorny and dark road through the woods of the psyche. As Jung once said, whatever is not made conscious often appears outwardly as fate. I can't recommend this CD series enough. Buy it, you won't regret it!

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