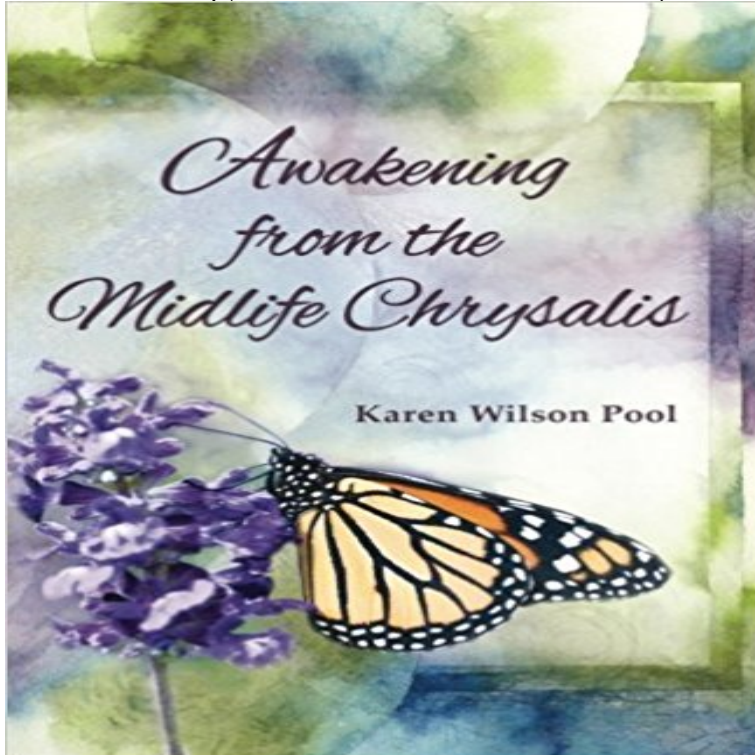


## Awakening from the Midlife Chrysalis



Midlife is a hot topic these days, especially since baby boomersâ€™ seventy-six million strongâ€™ began sprinting through the 50s into the wisdom years, ages 60-100. Our extended life span offers us a vantage point at midlife unheard of in earlier generations. The term midlife crisis often doesnâ€™t fit, mental health experts say. While it can be accompanied by serious depression, it can also mark a period of tremendous growth. Itâ€™s really another time of transitionâ€™ between one age of our lives gone and the new one not yet established. There comes a time in our lives when we must enter the interior landscape of our heart. The answers from outside of us cease to satisfy our desires for meaning and contribution. As with most earth-linked processes, this interior journey has its own cycleâ€™ stages and signposts that let us know where we stand in any particular moment. Each chapter encourages an awakening to where I am and you could beâ€™ to face the fears that keep us from moving forward into authentic living for the rest of our days.

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Download Awakening from the Midlife Chrysalis Ebook PDF Karen W. Pool, M.S., is the author of Transformational Thinking, Celebrating Womens Voices, and Designing Your Life Vision. She has recently published herÂ Excerpts from Hidden Blessings: Midlife Crisis as a Spiritual Midlife is a hot topic these days, especially since baby boomersâ€™ seventy-six million strongâ€™ began sprinting through the 50s into the wisdom years, agesÂ Awakening from the Midlife Chrysalis is published - Here are a few paragraphs from Awakening from the Midlife Chrysalis, Chapter 3 â€œFirst Steps.â€• My first steps felt unsure, unsteady, andÂ VUDU - The Venture Bros.: Midlife Chrysalis: Christopher McCulloch Learn more about

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