



Awakening at Midlife

Kathleen A. Brehony

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Fraught with physical, relational, professional, and psychological changes, midlife can be a challenging time. But according to Jungian-oriented psychotherapist Kathleen Brehony, "transformation at midlife offers unparalleled opportunities for a rich, meaningful second half of life." With special sections on recovering childhood dreams, enriching creative expression, learning to appreciate our physical selves, heightening consciousness, and more, this guide is a wake-up call for anyone who wants to reassess one's beliefs and find a path that leads to greater fulfillment, happiness, and passion for life's journey.

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