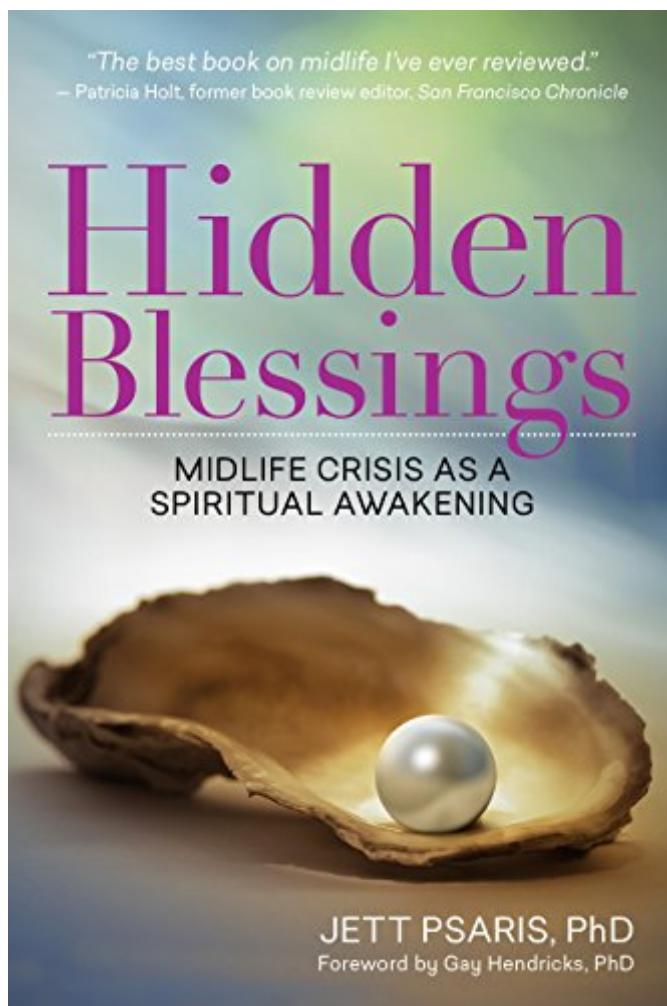


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# Hidden Blessings: Midlife Crisis As A Spiritual Awakening



## **Synopsis**

WINNER of the 2017 Independent Press Award for Spiritual/Self Help books  
WINNER of the 2017 National Indie Excellence Award for Personal Growth Books  
At Midlife Your Story is Only Half Told...Many people "die" in their 50s and just aren't buried until their 80s. That's because they did not take the full journey available to them at midlife. The whole point of midlife is to allow -- even force -- a re-evaluation of who you are and the life you have created, giving you your very best chance to discover, realize and actualize your deepest spiritual nature in everyday life.

## **Book Information**

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## **Customer Reviews**

I feel compelled to thank Dr. Psaris for this profound book. Every single paragraph put into words what I have not been able to articulate. I feel as though she has written this only for me. Clearly this isn't the case as I see the same look of "What the hell is happening" on my friends and peers faces. I will promptly re-read it as soon as I finish the last page. I think it's gonna take a few times!! I've been reading sections aloud to my husband. Now, I feel like he has a better understanding of this place in life I have found myself in. My heart is grateful and my soul is greatful for Hidden Blessings.

I absolutely love this book! It is truly what every person from the ages of 40-65 need to buy today! It covers every aspect of one's midlife transitions in such an easy to grasp, yet deeply impactful way. If this were the only book you read on the subject it would be more than enough!!!

If we are so fortunate, sometime in our later adult years, we can no longer answer the question, "Is this all there is to life?" As Jett so beautifully conveys, the answer is a definitive "No, there is more, much more." Jett answers the all-important question, "Well if there is more, then what is it?" In her book, Jett compassionately leads us through the otherwise not-so-obvious phases of midlife. As we work through this material, what is at first complex, is later joined with simplicity. It is this holding of life's unanswered complexities along with the simplicity of understanding and acceptance that brings joy. As we experience life differently during this rebirth, we cannot help but feel part of a web that connects us to something vastly greater than ourselves. Jett gives us a remarkable gift.

Jett Psaris is a pioneer in the realms of exploring relationships, conflicts and the true meaning of harmony, finally here in this last book the crisis of mid-life, when we find ourselves reevaluating everything we took for granted up to that point. She has carefully mapped 12 stages of mid-life crisis and articulates a clear guide on how to meet the challenges on the way, not through quick answers but using the difficulties as an entry point for a deeper inquiry. I turned 55 this year, my children are living the home, my wife and I are facing an empty nest, my own career -although while paying the bills- does not answer the deeper questions as to why I am here. With all the difficulties that this passage means, this book came at the right moment to fill the said interval, pointing to a new contemplation and inner posture. I recommend it wholeheartedly.

The content in this book is unique because there are so few books about the right of passage known as the midlife crisis. The information is absorbable, because the author has taken the time, not only to discover it, but to let it marinate in her to the point that explaining it is not only simple, but self-evidently applies across different areas of life. So a challenge which might seem like it would be limited to one area of life, by virtue of the author's simple explanation, self-evidently also applies to other areas. Lastly, this information is helpful because she has broken it down into sub-phases of the midlife process, each of which she explains individually. That helped me to determine where I have been and where I am headed. She also offers a weekend course on the subject which I highly

recommend. I continuously take self-development workshops and classes, and this one stands out because I had multiple experiential insights -- awarenesses of being from which I then pulled conclusions for myself. This is very different and much more helpful to merely learning another person's knowledge.

i leapt to order this book having read the author's previous book "undefended love" - which is the single greatest book on intimacy i'd ever read. "hidden blessings" is a true gift to the world that i predict will become THE definitive classic text on understanding and navigating midlife. personally experiencing depression and despair for several years now, this book is a literal life raft in a sea of otherwise overwhelm. jett psaris is of a high calibre of consciousness and awareness and her words wrap around my soul like a warm hug. i will re-read this book again and again to remind me that midlife crisis is not only normal but necessary and for my ultimate benefit. i can't say enough good about this material, as well as her previous publication.

Oh, how I wish this book had existed when I started my own midlife journey. It took me years to understand that what I was going through was a spiritual awakening. And, when I finally started to get it, I could find little in the way of meaningful guidance. These ideas from the book's introduction ring true for me: "The midlife passage invites the death of who we have known ourselves to be and promises the birth of our authentic, soul-infused self, long suppressed under years of outward obligations." "The success of our midlife transformation depends on our ability to allow the soul to evolve beyond the ego structure encasing it." "Midlife maturity is about discovering and becoming unique human beings not bound by social and personality contracts." "By the grace of the midlife mandate to transform, we begin to fulfill our souls' destinies for the first time." "Hidden Blessings" is more than just a book to me. It's a wise, soulful, and loving companion. Its psychological and spiritual guidance helps me feel less alone on my journey. It offers useful tools for deep self-understanding, personal transformation, and spiritual awakening. It's a soothing combination of the practical and the profound. You should buy this book and share it with everyone you know who is 40'ish to 60-something. Through her book, Jett Psaris is helping me design a second half of life that feeds my soul and makes my heart sing.

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