



The Second Half of Life

Angeles Arrien

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"There is a grace in this book, an invitation to beautiful, deep wisdom, a banquet to refresh your spirit for the years ahead."—**Jack Kornfield, Ph.D.**, author of *A Path with Heart*

"*The Second Half of Life* is a wise, unique, and beautifully written guidebook for those who want to live every day of their lives. A book for everyone who plans to grow old."—**Rachel Naomi Remen, M.D.**, author of *Kitchen Table Wisdom* and *My Grandfather's Blessings*

When you find the courage to change at midlife," Angeles Arrien teaches, "a miracle happens."

Your character is opened, deepened, strengthened, softened. You return to your soul's highest values. You are now prepared to create your legacy: an imprint of your dream for our world—a dream that can fully come true in *The Second Half of Life*.

Working with images, poetry, metaphors, and other forms of symbolic language from diverse world cultures, Dr. Arrien introduces us to the Eight Gates of Initiation. By mastering their lessons and gifts, you harvest the meaning and purpose of your life, and come into spiritual maturity. With *The Second Half of Life*, she takes you step-by-step through each gate to deepen your most valuable relationships, reclaim your untended creative talents, and shift your focus from ambition to meaning to grow into the exceptional elder you've always imagined you would one day become.

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