

Spring 2017 Newsletter – Book Review by James Flaherty

Hidden Blessings: Midlife Crisis as a Spiritual Awakening by Jett Psaris

Maybe this happens for you sometimes. While reading a book you begin to notice that you're discovering something about yourself that you didn't know and weren't even looking for. You become aware of deep strong emotions being stirred and memories long buried surfacing. Without any effort life events that seemed random at the time begin to coalesce into meaningful insights with explanatory power. And you begin to have new understandings of people, even those you know very well.

All that and much more happened for me when I read this extraordinary book by the amazing Jett Psaris. She took about 12 years to write her way out of her own dark, powerful, disturbing midlife crisis eventually compiling over 1000 pages which she uses for her online program Midlife Leap [please put a connecting link here]. While walking the full 500 miles on the Camino in Spain she saw a way to present the material in book form so more people could have access to it.

The result is a beautifully written, gripping revelation of the spiritual process many people 45 to 65 years old enter into, usually unbeknownst to them. Jett presents the full reality of this journey, including its terribly difficult elements with luminous clarity and encompassing compassion so we can recognize its appearance in our own life as an invitation and not as a threat. A high level of spiritual alchemy indeed.

Her book is full of moving examples and replete with many exercises that draw the reader into deep personal inquiry. She evokes a liminal space in which our usual explanations are suspended and we wonder what is happening, what is our life, really, who are we, truly, what are we part of, in fact. Our every day conventional narratives fall away and we find ourselves in the middle of.....

A foundational essential guide to anyone, who is 45 to 65 years old, is going to be that old or has been that age.

I don't think you can fully understand yourself, your life or the people around you without reading this book. Yeah, it's that important.