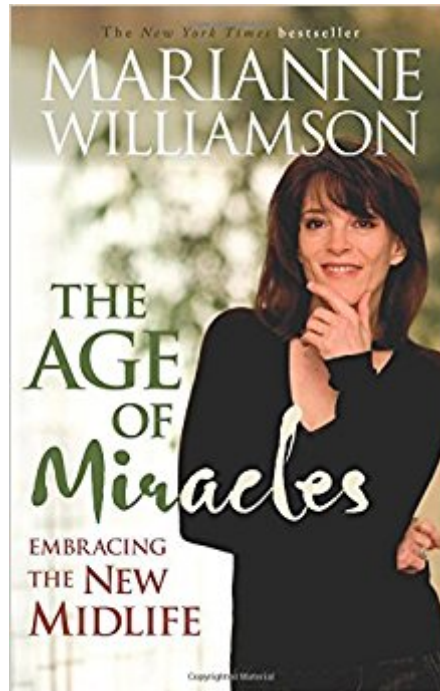




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Age Of Miracles: Embracing The New Midlife



Synopsis

As seen on OWN's Super Soul Sunday! The need for change as we get older "an emotional pressure for one phase of our lives to transition into another" is a human phenomenon, neither male nor female. There simply comes a time in our lives "not fundamentally different from the way puberty separates childhood from adulthood" when it's time for one part of ourselves to die and for something new to be born. The purpose of this book by best-selling author and lecturer Marianne Williamson is to psychologically and spiritually reframe this transition so that it leads to a wonderful sense of joy and awakening. In our ability to rethink our lives lies our greatest power to change them. What we have called "middle age" need not be seen as a turning point toward death. It can be viewed as a magical turning point toward life as we've never known it, if we allow ourselves the power of an independent imagination, utilizing thought-forms that don't simply flow in a perfunctory manner from ancient assumptions handed down to us, but rather flower into new archetypal images of a humanity just getting started at 45 or 50. What we've learned by that time, from both our failures as well as our successes, tends to have humbled us into purity. When we were young, we had energy but were clueless about what to do with it. Today, we have less energy, perhaps, but we have far more understanding of what each breath of life is for. And now at last, we have a destiny to fulfill "not a destiny of a life that's simply over, but rather a destiny of a life that is finally truly lived. Midlife is not a crisis; it's a time of rebirth. It's not a time to accept your death; it's a time to accept your life "and to finally, truly live it, as you and you alone know deep in your heart it was meant to be lived.

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Customer Reviews

"'I consider Marianne to be one of our most profound teachers of transformational wisdom' - Dr Wayne W. Dyer" --This text refers to the Audible Audio Edition edition.

Marianne Williamson is an internationally acclaimed lecturer and the best-selling author of *A Return to Love*, *The Healing of America*, *A Woman's Worth*, and *Illuminata*, among other works. Williamson has done extensive charitable organizing throughout the country in service to people with life-challenging illnesses (she founded Project Angel Food in Los Angeles); and is the founder of The Peace Alliance, a nonprofit grassroots organization dedicated to fostering a culture of peace.

I love how Marianne Williamson is willing to be honest about the lessons we all learn in consciousness. Like others, she definitely believes that our thoughts create our reality - however, she is one of the very few who is willing to say that any expansion or improvement in the state of our consciousness is often gained through the repetition of many trials and errors. So many of the self-help books today make it sound like all you have to do is think positively. And if you're not getting the results you want, the insinuation is that there must be some flaw in your character. But from my own experience, not dealing with what is already negative within us is like trying to seal up an infected wound. Marianne honestly and artfully describes the need to understand this throughout the book. In the chapter titled "I Will Survive" she says, "...nothing is a more powerful state of being than a deep acceptance of what is. Too often we inquire about a situation, 'How can I change this?' when we should be asking, 'How can I dwell within this circumstance in the highest possible way?'" In yoga philosophy this would be called the path of surrender, one of several paths to spiritual enlightenment. As the book progresses the discussion turns from relationships to more global issues and the survival of our species, not to mention all other life, with a sense of urgency and purpose. The author and I appear to have grown up during the same span of time, so I relate very clearly to her references of life during the 60's and 70's. And I agree that mid-life is like a different kind of puberty. I have felt the call she describes to become more of myself, to be more authentic and to aspire to fulfill my highest and best purpose in this life very intensely in the past 10 years. This book represents a turning point in the collective experience of baby boomers everywhere. Just as we stirred things up in the late 60's and early 70's, the transition to mid-life of this huge demographic group is sure to make some waves again. Like Marianne says, it's hard to understand aging until you've been there. As complacent as our society has become in dealing with social problems, it's time for the baby boomers to rise again and take a new stand in the effort to

raise global consciousness to a higher level.

When one reads this book it becomes evident that Martha Williamson does not 'believe' in God she KNOWS God...Her spiritual views are so universal, she would be a welcome voice in most houses of worship....Reading her words convinces one that there IS a loving spiritual force in this universe who created and loves....

This book is truly inspiring , what I loved was how even on a bad day , through reading this book you just may lift your head a little higher. I loved how we can grow older to be wiser and incredible beings and even though I am not religious I am spiritual and I do believe in a higher power - I thought this book was very well written and the only thing I struggled with was the poems to god , but I saw that again as maybe a poem to a higher power - AllisonM

Love it! Marianne Williamson has such great energy and wisdom! Another great book!

I liked this book because it really makes you think on what you want to do with the rest of your life. Up to a certain point your life does start when you hit midlife. You view life and the world differently by then. And you don't have much more time left to fool around, you really have to focus on what you truly want and how you want to experience it. Before this age you might have lived the life you needed to live, and not the life you wanted (which is my case), in order to learn many things. But at this point you are entitled and obliged to live the life you really want to live. The author gives good advice as to how we should live after we hit the midlife line in our life odometer. You can take it or leave it, but she does have a point. When you hit midlife it's more likely that you already have a different perspective of life due to experience and that you are more mature (which you reach at any age or not at all), so you can totally relate to her own experiences and enjoy her advice. You can even try changing some attitude traits and ideas for your best interest and improvement as human beings. The book is oriented to women, but men won't get hurt if they read it. They might even learn a couple of things and understand what women go through when they reach midlife.

This was a good read. My favorite part was when it suddenly came to me how when you're in your mid 40's you finally realize you will never be that 30 something again. It takes the pressure off to know you don't have to be young to have a great life.. it's ok to be right where you are. You see the young ones in the hi heels, running around partying having fun living with no crazy responsibilities.

It's nice to feel like you already had your turn. To quote Marianne: It is their turn now. Let them be the wild horses, we can just relax and enjoy where we are. Wow i was so enlightened by this book. I love being my age and where I am at in my life. It took this book to really make me appreciate it!

Although this book did contain some insights, most of the content I have read before in other publications. Perhaps the problem was that it was largely not applicable to me- I am in the right demographic but I couldn't relate to many of the situations the author was referring to. It seems I have not experienced enough trauma in my life through death or divorce or bad relationships and consequently I'm not bitter and twisted! The history of womanhood was interesting but a bit graphic, especially before bedtime! The fact that it was in Kindle form (and I still have my Kindle L plates on) didn't help as I wasn't able to flick through the pages, which I find tend to do when reading a book in paper form. And for some reason I also wasn't able to access the Table of Contents.

This is about Marianne mourning her youth, beauty and sex drive. I love ACIM and have loved many of her books, but definitely not this one. I am struggling with aging and thought this book would have a refreshing spiritual perspective....it wasn't. It confirmed my worse fears, I'm old, fading, invisible...and wishing I weren't. :-(

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