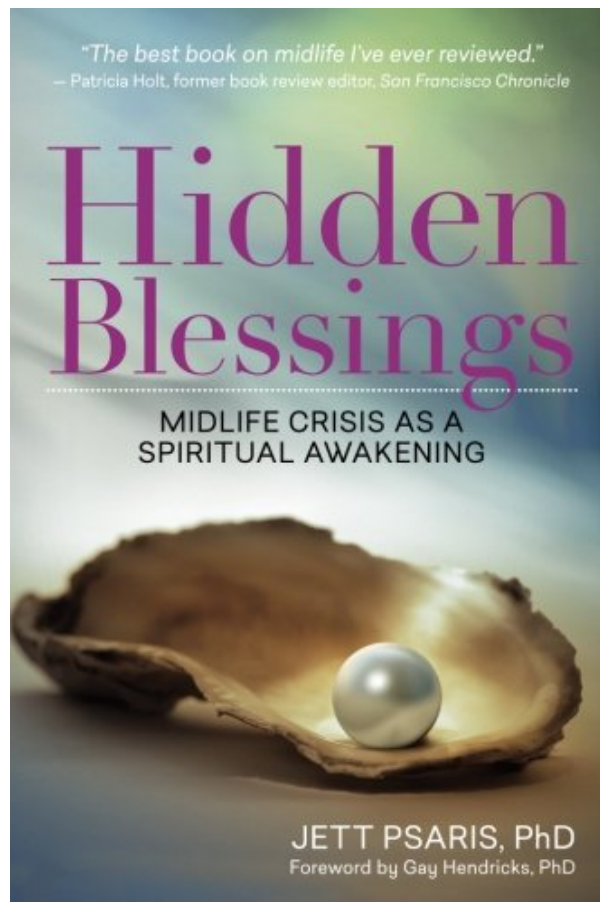


HIDDEN BLESSINGS: MIDLIFE CRISIS AS A SPIRITUAL AWAKENING BY JETT PSARIS PHD



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Hidden Blessings

MIDLIFE CRISIS AS A
SPIRITUAL AWAKENING



JETT PSARIS, PhD
Foreword by Gay Hendricks, PhD

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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.

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Most helpful customer reviews

12 of 12 people found the following review helpful.

A Groundbreaking Offering

By M Lyons

HIDDEN BLESSINGS is a groundbreaking contribution for seekers drawn to the heart of what matters.

This book is filled with wisdom and insightful guidance arising from Jett Psaris' personal, thoughtful journey through midlife – and a deep study of her clients' lives traversing the same terrain – instead of the quick formulas, clichés, and platitudes usually offered about this stage of life.

Unbeknownst to us, our midlife passage is a crucial juncture in our life as it establishes the foundation for the entire second half of our life. Midlife is often understood as a crisis of identity and popular approaches suggest that this is a time of reinvention and of simply visioning a new and better future. Jett Psaris reminds us that reinventing oneself and setting up a new vision can only come from the same old mindset of the past. This can only recreate the same old scripts that have already been lived even if given a more attractive repackaging.

Instead, she tells us that midlife is an invitation to journey toward our authentic self – a "not to be missed"

chance in a lifetime to become our true self – free from the societal and parental expectations, prescriptions, and obligations that shaped us to conform and adapt in the first half of life.

We expect that when we get to this “certain age”, life will feel satisfying, clear and on track. We are taken off-guard when what we experience is exactly the opposite! Many of us feel bored, uncertain and restless. It’s as if we have, to our dismay, arrived at the end of a track with no apparent sense of direction or motivation to go forward.

Jett Psaris assures us that these crises have a purpose – they are not signs that we have done something wrong. She explains that the symptoms we experience are signs that our mindmap, which was appropriate for the first half of life, is now obsolete and that our outdated strategies for living a happy and fulfilled life are all used up and cannot be successfully repaired.

In *Hidden Blessings*, Jett Psaris offers 12 stages that when seen together form a cohesive whole, providing a clear and well defined map for how to successfully navigate the unexpected midlife twists and turns. Make no mistake, the challenges at midlife change us... so the question is how can we participate with these trials so they can change us for the better!

There is no time to waste. There are many blessings just around the bend and reading *Hidden Blessings* is one of them.

10 of 10 people found the following review helpful.

I could not put this book down

By Sara Gottfried MD

Hidden Blessings is a profound influence on me at age 49 as I prepare for the second half of life. Jett Psaris' descriptions of the ego and soul are deceptively simple and disarmingly cogent, and she puts them into context for those of us aged 40-65 in a novel and compelling way. I had no idea that my egoic conditioning was creating imbalances, symptoms, and suffering in my current life, perhaps more so than my biology. I am fortunate to see Dr. Psaris as a client, and this book is trusted resource between appointments. If you cannot see her yourself, this book is a powerful alternative. I give her new book my highest recommendation.

9 of 9 people found the following review helpful.

This book is a great gift to me

By Claudio Zanet

This book is a great gift to me. Jett Psaris has skillfully and beautifully developed a map of the uncharted waters of midlife. The clearly described and beautifully written framework seamlessly weaves psychological and spiritual dimensions. My midlife has been a far cry from what I could have ever imagined when I was younger. I expected to be settled in my life, comfortable in my skin and at peace. Instead I found myself in a spin cycle, questioning everything, deeply confused and alone. I desperately grasped at every tool I had honed in the first half of my life to try to regain a sense of control and balance. Nothing worked. This book has provided a context for my experience and has helped me to shed my views and expectations of how things ought to be. With the help of this book, I open up to what “is” and am developing a deep acceptance and appreciation for what is attempting to be birthed. My journey is far from over (at least I hope it isn't) and there has been no straight line from A to Z. Trying to make this passage make sense on my own was confounding. The framework of this teaching allows me to chart my own path, it has been like finding a compass when lost in the forest.

See all 34 customer reviews...

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