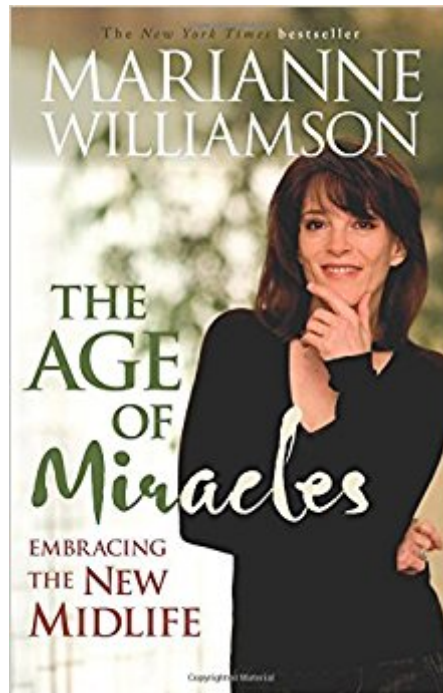


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Age Of Miracles: Embracing The New Midlife



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

Marianne Williamson's *The Age of Miracles: Embracing the New Midlife* is really about that most human of dreams--*The Second Chance*. All of us want to believe that we can change what we don't like about ourselves, that we can recover from past mistakes and bad breaks. If we're fortunate, we discover that all we need to become someone other than what we are resides inside us, in the beautiful, mysterious spirit. Williamson has been helping people learn this simple truth and act on it for two decades, and never has her message been more tender and personal. "It's time to re-enchant ourselves," she writes, and as she shares her own efforts, she makes it seem so sweet and tangible for the rest of us! I love her heartbreaking, inspiring anecdotes about her relationship with her daughter (who cannot identify with both parties when we read about a little girl who misses her mommy even when she's home?). Most of all, I love Williamson's vulnerability and her honesty. Even for her, life has created surprises that were not always wonderful. She is sadder in these pages, and more tender, and she is also more desirable and compelling than she has ever been. As we grow older, it's natural, if we still feel anything at all, to feel more vulnerable. The good news is that this is really progress and not a falling down. We learn as we age to take a little more time, which can be taking greater care with everything. We listen better, and we're not as quick on the judgment draw. We're more compassionate, and more in synch with the universe's life-giving energy. Millions of baby boomers are discovering these truths every day now, and Marianne Williamson has just presented us with our first formal acknowledgment and fabulous Guide.

I just finished reading "*The Age of Miracles*". Because I have read her other books, I can say, without reservation, that Marianne Williamson's heartfelt prose is better than ever and that, in this instance, you can judge the book by its beautiful and inspirational cover! This is a deeply personal book that will resonate with baby boomers. Marianne's honesty regarding her highs and lows, her family life, her career, and, most importantly, her spiritual journey will move you in surprising ways. Her wisdom, compassion, and intellect will take you to your younger years and back, while providing you with insight, instilling you with courage, and helping you understand where you have been and where you may be going. While reading this book over the last couple of days, I grieved for lost opportunities and love, I became more grateful for the lessons that I have learned, I became energized to take better care of myself, and I felt more thankful for my partner, parents, siblings, friends, co-workers, fellow-activists, and all I have encountered who have provided me with glimpses of the face of God. As a spiritual leader and companion, Marianne's books have shown us the way to love ourselves, those who like us, and those who don't like us ("*A Return to Love*"), to

pray in an uplifting, holistic, and global manner ("Illuminata"), to be engaged citizens ("Healing the Soul of America"), to live peaceful, purposeful, and hopeful lives ("Everyday Grace"), and to become our true selves ("The Gift of Change"). Now, rather than "retire" and simply fade away, "The Age of Miracles" shows us the way to "refire" so that we may use our talents, advantages, privileges, and experience to heal, lead, mentor, and create peace.

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