



Passage Through Mid-Life: A Spiritual Journey to Wholeness

Paul Robb

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The passage through mid-life is often marked by hardships and challenges as well as breakthroughs that bring new life. Fr. Paul Robb, an experienced spiritual director and psychologist, encourages readers to look inward at their emotions and affective experiences during this passage, for it is on this level that the spirit of God often addresses us. He reminds readers that mid-life is an invitation to change and to grow. It is an opportunity to explore one's depths and to expand one's vision. Insightful, challenging, and wise, "Passage Through Mid-Life" is a welcome companion for those on this perilous journey.

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