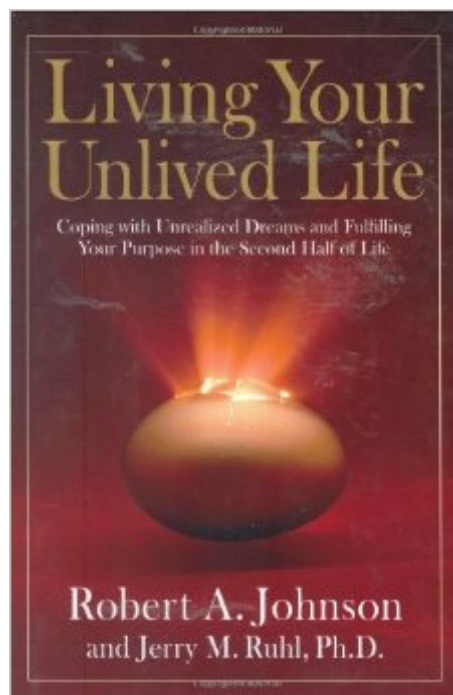


The book was found

Living Your Unlived Life: Coping With Unrealized Dreams And Fulfilling Your Purpose In The...Second Half Of Life



Synopsis

The esteemed Jungian psychologist counsels how to cope with feelings of failure or regret in the latter half of life and how to open to a more meaningful existence, even if outer circumstances cannot be changed. We all carry a vast inventory of abandoned, unrealized, or underdeveloped talents. These do not just "go away" through underuse or by tossing them off. Instead they go underground and become troublesome-sometimes tormenting-as we grow older. In *Living Your Unlived Life*, using warmth, humor, and elegant simplicity, the renowned therapist Robert A. Johnson, writing with longtime collaborator and fellow Jungian psychologist Jerry M. Ruhl, helps us understand our own heritage of unlived life-and how it must be examined and transformed if we are to make peace with ourselves and others in middle age and beyond. The authors provide intelligent ways to explore paths not taken, without causing damage to ourselves and to others. They show how to: - identify those unfulfilled hopes, yearnings, or needs that have gone "underground"; discover how we unconsciously burden others- - friends, spouses, coworkers-with our unlived hopes; create new life options and unlock hidden talents; - transform fruitless fantasies or "silly" dreams into tools for inner growth; - start truly living in the present moment; and - revitalize a connection with God and spirit and attain peace in purpose in our mature years.

Book Information

Hardcover: 272 pages

Publisher: Tarcher; 1 edition (October 4, 2007)

Language: English

ISBN-10: 1585425869

ISBN-13: 978-1585425860

Product Dimensions: 5.8 x 1 x 8.5 inches

Shipping Weight: 13.6 ounces

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (51 customer reviews)

Best Sellers Rank: #759,541 in Books (See Top 100 in Books) #209 in [Books > Self-Help > Mid-Life](#) #1702 in [Books > Health, Fitness & Dieting > Aging](#) #13076 in [Books > Self-Help > Personal Transformation](#)

Customer Reviews

This is not a book to just read in the ordinary sense of the term. This is a book that is best judged by the results it produces for the reader, and the reader will need to work, not just read, to attain them. I read the book. I did the work. I gained some splendid benefits. For that reason, the following essay

is as much a testimonial as a review. We all have unlived lives. In the process of making the decisions that defined our destinies, we decided not to do other things, which often were things we very much wanted to do, but for circumstantial reasons we could not. These desires may not just go away. They might, and often do go underground, into our subconscious minds, which silently remind us of unfinished business, of things we are "incomplete" with, or of things--sometimes we don't even know what they are--that need to be "fixed" before we are worthy of enjoying an ocean view. They find ways to seep out of us, in little acts of self-sabotage, in disruptions to our concentration when we're trying to work, in sudden uncontrollable obsessions, or in strange dreams. Or they exist as a set of values and beliefs about ourselves and the world that limit our options as we see them and lock us into a state of bland resignation to a life that seems destined to fall short, maybe by a long way, of the hopes and expectations we had when we were young. The authors take this universal aspect of human experience as their point of departure. In the early chapters of the book, they help you to become aware of this and to apply it to yourself. You begin to see that there is a shadow within you, a repository of your unlived lives. . . other people's unlived lives, too. You begin to see how these have impelled the trajectory that your life has followed.

From John Howard Prin, author of *Secret Keeping: Overcoming Hidden Habits and Addictions* I heartily recommend this book for everyone who yearns to live their dream. The authors have packed much wisdom into 200+ pages, all in a highly readable style. Their insights opened up many mysteries of the unconscious for me and showed healthy ways to experience freedom and fulfillment...to drink life to the last drop. What I learned was: No matter what path in life we choose, other paths must go "unchosen." Some of those unchosen paths are deeply connected to who we really are and want to be, but priorities during our growing-up years such as college, career, marriage, and raising a family often trump them. As we build our lives, certain key choices naturally go excluded. When an early gift for music gets put aside in adolescence, for example, it can lurk in the shadows for decades -- calling for our attention and demanding a stronger presence in our lives. Gifts and talents like these, long "unlived," become more insistent as we reach mid-life and beg for expression and full appreciation. Whenever possible, we should get out of our comfort zone and "just do it," rather than waiting until it's too late. As the popularity of the movie *The Bucket List* attests, this message resonates strongly among millions of people. But whenever our limits or circumstances make it impossible, there is still good news -- there is another way, an inner way.

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