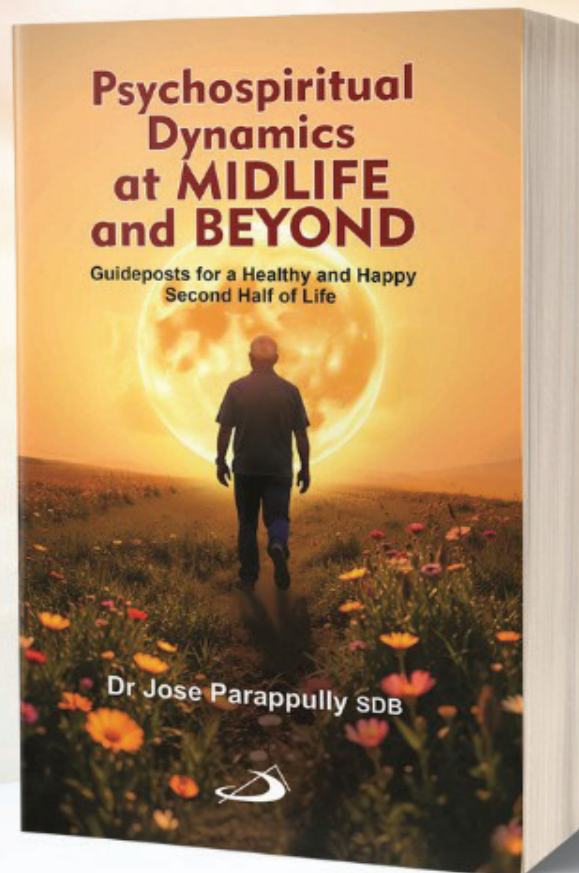


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No work on mid-life that I have come across contains such a thorough, detailed and panoramic treatment of such a vast range of topics in such a practical manner. I am so grateful to Jose Parappully for giving us this work, and I recommend it wholeheartedly to the seeker of life.

— Brother Philip Pinto CFC
Former Superior General of the Christian Brothers

The unique merit of this book is that it combines admirably both psychology and spirituality. In order to find the water that will quench the thirst of our minds and hearts, Father (Dr) Jose Parappully draws from two wells – psychology and spirituality. This book is a treasure. You will do well to buy copies to gift to your friends who are at midlife or have gone beyond it. Bishops and Major Superiors can achieve what they have failed to achieve over the years simply by getting their priests or religious to read and discuss the contents of this book.

— M.A. Joe Antony SJ
Editor, JIVAN and former Editor, The New Leader

In *Psychospiritual Dynamics at Midlife and Beyond*, Father (Dr) Parappully invites us to take a long, lingering look at 'mid-life,' in the context of our adolescent dreams, as he sets to work 'on the shattering of illusions, our false and idealized notions about self, others and the world,' with a view to making the life that remains 'satisfying and generative in meaningful ways.'

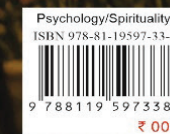
The book invites candid introspection; it helps expose the illusions we live by; it pulls the rug from under the carefully cultivated self-images and storylines that we create, project and maintain, showing in the process how fragile is our hold on balanced living.

— Stephen Mavely SDB
Former Vice Chancellor, Assam Don Bosco University

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Fr (Dr) Jose Parappully is a Salesian priest and a clinical psychologist with over 25 years' experience as a psychotherapist and workshop facilitator. He was the Founder President of the Conference of Catholic Psychologists of India for six years and the founder secretary of the Salesian Psychological Association, South Asia for nine and later its President for six years. He is the primary editor of the 2 volume best seller *Psychosexual Integration and Celibate Maturity: A Handbook for Religious and Priestly Formation*. He is currently the founder director of Sumedha Centre for Psychological and Spiritual Wellbeing at Jharmari, Punjab, where he facilitates various psychospiritual training programmes and retreats.



Psychospiritual Dynamics
at MIDLIFE and BEYOND

Jose Parappully, SDB, PhD

Psychospiritual Dynamics at MIDLIFE and BEYOND

Guideposts for a Healthy and Happy Second Half of Life

Jose Parappully, SDB, PhD

From the Editor of the 2-volume Best-Seller *Psychosexual Integration and Celibate Maturity*

Brief Description of Content

Psychospiritual Dynamics at Midlife and Beyond presents pathways to health and happiness in the second half of life. After presenting the experiences that indicate awakening to psychological midlife, the author goes on to describe some of the major dynamics of midlife and the transformational processes that we have to engage in during midlife in order to make the second half of life meaningful, satisfying and fruitful. In the last few chapters of the book he describes the dynamics of the post-midlife years, particularly those related to aging gracefully, and the types of spiritualities relevant to that period of our lives. Each chapter has real life stories to illustrate its contents and introspective questions for readers to stay with in order to make the reading itself a personal transformative process.

Appreciation for and endorsement of the book:

No work on mid-life that I have come across contains such a thorough, detailed and panoramic treatment of such a vast range of topics in such a practical manner. I am so grateful to Jose Parappully for giving us this work, and I recommend it whole-heartedly to the seeker of life.

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