



## **Finding Meaning in the Second Half of Life. How to finally, really grow up / Obretenie smysla vo vtoroy polovine zhizni: Kak nakonets stat po-nastoyaschemu vzroslym (In Russian)**

*By Kholllis D.*

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Turbulentnye emotcionalnye izmeneniia, kotorye vznikaiut na protiazhenii vzroslogo perioda zhizni i soprovozhdaiutsia voprosami o pravilnosti sdelaynykh nami vyborov, o realizatsii nashikh vozmozhnostei i oshchushcheniem zastoia, obychno nazyvaiut "krizisom serediny zhizni". V etoi knige izvestnyi iungianskii analitik Dzheims Kholllis issleduet, kakim obrazom my mozhem prodolzhit svoe razvitie i priblizitsia k svoei sobstvennoi suti, kogda traditsionnye vozrastnye roli - professionalnye, druzheskie, semeinye - uzhe ne spravliaiutsia s etoi zadachei. Na primere otdelnykh sluchaev i provokatcionnykh nabliudenii formuliruiutsia mudrye i obnadezhivaiushchie poslaniia, sposobnye pomoch nam predolet ostryi period vtoroi poloviny zhizni.

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
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