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Summoning Genius: A Midlife Guide to Discovering Identity, Purpose, and Meaning

Ben Hummell

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Summoning Genius: A Midlife Guide to Discovering Identity, Purpose, and Meaning Ben Hummell "What now?" is the great life question we ask ourselves in the second half of our lives. *Summoning Genius:A Midlife Guide to Discovering Identity, Purpose, and Meaning offers practical guidance, helpful exercises and inspirational support for those who are struggling to find value, meaning and purpose at midlife, and explores the questions and issues that arise in the process.*

Common problems that appear include breakups/divorce, career changes, health challenges, and issues around our new identities as "older people." Each section offers clear and practical insights about the trials and pitfalls that may appear at different stages of your midlife transition. Its pages can gently support or courageously provoke life-changing actions and decisions that may need to be made in order for you to grow, change, and develop as an individual.

Summoning Genius:A Midlife Guide to Discovering Identity, Purpose, and Meaning is a book to be read again and again as a companion to meeting your midlife challenges.

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