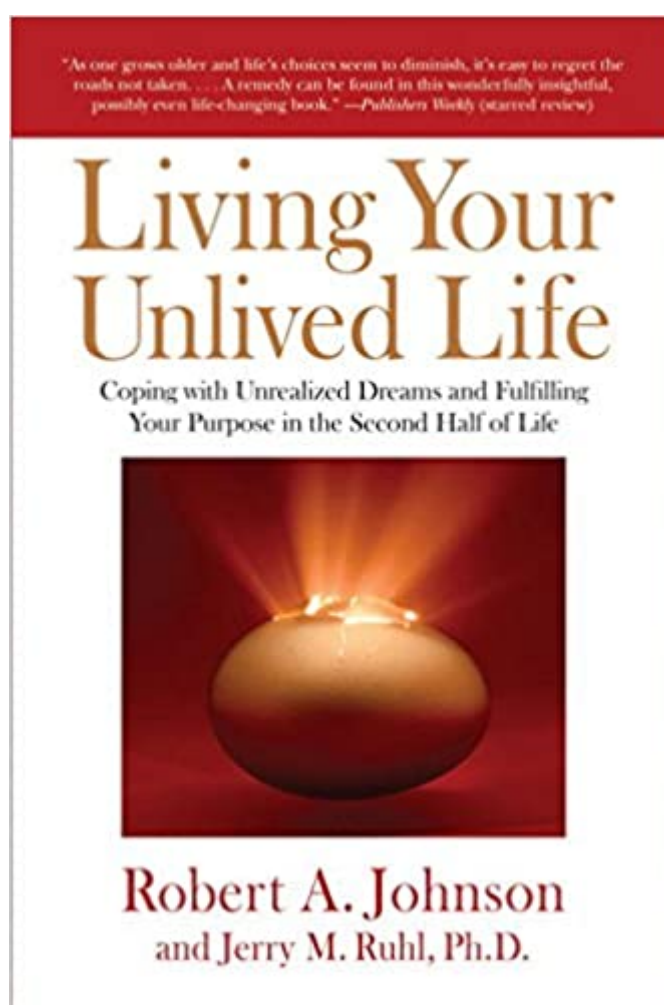


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# Living Your Unlived Life: Coping With Unrealized Dreams And Fulfilling Your Purpose In The Second Half Of Life



## Synopsis

The esteemed Jungian psychologist counsels on 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. In *Living Your Unlived Life*, the renowned therapist Robert A. Johnson, writing with longtime collaborator and fellow Jungian psychologist Jerry M. Ruhl, offers a simple but transformative premise: Our abandoned, unrealized, or underdeveloped talents, when they are not fully integrated into our lives, can become profoundly troublesome in midlife, leading us to depression, suddenly hating our spouses, our jobs, or even our lives. When our unlived lives are brought to consciousness, however, they can become the fuel that can propel us beyond our limitations?even if our outer circumstances cannot always be visibly altered.

## Book Information

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## Customer Reviews

Starred Review. As one grows older and life's choices seem to diminish, it's easy to regret the roads not taken, which then lead to an inability to embrace your life as it is now. A remedy can be found in Johnson and Ruhl's wonderfully insightful, possibly even life-changing book. Jungian psychologists and the co-authors of *Contentment*, Johnson and Ruhl believe the roads-not-taken needn't be cast aside; they can—and must—be integrated into present-day life and used to find new opportunities for fulfillment and wholeness. How? By engaging in what the authors refer to as active imagination—a disciplined, spiritual form of inner dialogue. The book is intelligent, refreshingly free of psychobabble and best of all heralds the power of the imagination to transform and possibly keep you out of trouble. (Oct.) Copyright © Reed Business Information, a division

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Seriously, I have studied these concepts for decades and am an aspiring writer, but this guy just put it in a context that pretty much just wrapped it all up in such an exquisite package with a pretty blue ribbon and gifted us with it. I just bought 6 more of his books. Why didn't I know about him till now? Clearly my higher Self was saving him for me till I was really ready to have someone tell me what I already know for absolute confirmation. He has taken Jung's concepts and brought it to the table in timely elegance. Thank you for this extraordinary gift. Blessings your way. My alters and parts are having a field day!

This book came into my life at the perfect time, about when I celebrated my 80th birthday. It helped me with my life review in ways I hadn't anticipated. I felt mystified over the millions of "slender threads" that influenced my choices.

Great book

The best part of the book is Chapter 6, Active Imagination, Talking Back to Ourselves. Before I had read that I had written a chapter for a draft novel that involved a man arguing with himself. In my unlived life I hope to finish that novel.

I absolutely loved this book. Robert Johnson is able to use his Jungian background to address the issues we face in the second half of our lives. It is beautifully written, but has practical application. I learned SO much about how I handle my life, and why I act the way I do. I have used his suggestions every day since finishing the book. I think everyone who is 50 years old or older should read this book. It will give you incredible insight and relief.

I've read other, earlier books by this author. In "Living Your Unlived Life" Robert A. Johnson shows a more reflective view of life, a view that comes from growing older. I like his openness now to more traditional symbols and values. He offers a practical way of coping with the regrets that come to us at this stage of life.

Thoroughly enjoyed this book, Johnson & Ruhl write in a way which is accessible, concepts are explained in ways which are easily understood and the reader gets to reflect on one's own life and and those parts which are not being addressed! High recommend!

Robert Johnson was a direct student of Jung, and also of mythology. He takes the work of understanding the relevance of myth, what Campbell called the "Penultimate Truth," to a level even beyond Campbell by showing how to work with myth and the archetypes of the unconscious in daily life. Incredibly powerful and masterfully written.

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