



**THE SECOND
HALF OF LIFE**
Opening the Eight
Gates of Wisdom

Angeles Arrien,
Ph.D.

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The Second Half of Life Praise and Recommendations

“Angeles Arrien maps the Elder Hero’s Journey and guides the mature person through succeeding gates of wisdom. She offers the archetypal tools to an extended awareness that takes advantage of our extended lifespan.”—**Rabbi Zalman Schachter-Shamloomi**, co-author of *From Age-ing to Sage-ing*

“We live in a culture that clearly lays out the paths of education, career, and family that fill the first half of our life. But we have lost the rituals that guide our initiation from a life of ambition to a life of meaning. We have come to fear the second half of life as a place where we will become marginalized and invisible. Through the Eight Gates of Initiation, Angeles Arrien guides us into letting go of the familiar and stepping into the role of the elder, where we will find deeper meaning in life and the ability to answer our soul call.”—**Sobonfu Somé**, author of *Falling Out of Grace* and *The Spirit of Intimacy*

“Above all, this is a soulful book for the second half of life. Full of images, metaphors, and wisdom, this is a book to savor.”—**Jean Shinoda Bolen**, author of *Urgent Message from the Mother: Gather the Women, Save the World*

“With the demise of the traditional soul-shelters of myth, religion, and vision, the individual stands naked and bereft in our world of crisis and confusion. It is the achievement of the scholar and anthropologist Dr. Angeles Arrien to excavate our various traditions and return with this lyrical and erudite shelter-book. Woven beautifully from symbol, reflection, poetry, narrative, and astute analysis, it offers the pilgrim who has entered middle age a fascinating landscape of adventure and awakening. This is a rich and enriching book. Anyone who makes its acquaintance has found an intimate inner companion that will open to the heart the secret gates of wholeness. Angeles Arrien is an angel of the gateways beyond, which the treasures await.”—**John O’Donohue, Ph.D.**, author of *Anam Cara*, *Beauty: The Invisible Embrace*, and *To Bless the Space Between Us: A Collection of Invocations and Blessings*, forthcoming in Spring 2008

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