

Finding Meaning In The Second Half Of Life How To Finally Really Grow Up

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James Hollis (Author of Finding Meaning in the Second Half ...

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Finding Meaning in the Second Half of Life by James Hollis ...

His name is James Hollis and he's a Jungian analyst and the author of over a dozen books, including Finding Meaning in the Second Half of Life. We begin our conversation with a brief overview of what makes Jungian or depth psychology unique, and how it helps individuals find meaning and deal with life's existential questions.

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