



# The Spiritual Challenge of Midlife: Crisis and Opportunity

*Anselm Grun*

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## **The Spiritual Challenge of Midlife: Crisis and Opportunity** Anselm Grun

In this concise volume the world-renowned spiritual master, Anselm Grün, invites readers to understand the twofold nature of midlife: on the one hand it is associated with a variety of problems or crises. On the other, it provides powerful opportunities for spiritual growth. This challenge--which is an inevitable work of God's grace--is an invitation into the fullness of our vocation.

Anselm Grün brings together ancient and modern thought, including the spirituality of the medieval mystic Johannes Tauler and the psychology of Carl Jung, in order to foster greater self-understanding during midlife.

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