



The Five Stages of the Soul: Charting the Spiritual Passages That Shape Our Lives

By Harry R. Moody, David Carroll

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An exciting exploration of the spiritual passages we go through as we age—from midlife crises to the search for inner purpose—and the rich possibilities they offer for fulfillment in the life journey.

Based on twenty years of research, *The Five Stages of the Soul* is the first book to focus squarely on the spiritual passages that the majority of us go through, offering readers a detailed road map of their quest for meaning and self-discovery.

Interweaving psychology, religion, myth, and literature, Harry Moody—in the bestselling tradition of Joseph Campbell, Thomas Moore, and Scott Peck—charts the passages of countless individuals across the country who have journeyed through the five stages of spiritual awakening common to almost all of us: the Call, the Search, the Struggle, the Breakthrough, and finally, the Return. Dr. Moody's insightful and wonderfully affirming narrative reveals the challenges and opportunities offered us by the spiritual stages we go through as we explore the question of meaning in our lives.

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- Sales Rank: #498066 in Books
- Published on: 1998-07-13
- Released on: 1998-07-13
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .80" w x 5.20" l, .71 pounds
- Binding: Paperback
- 384 pages



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Editorial Review

Amazon.com Review

The quintessential baby-boom seeker of spiritual fulfillment, Harry Moody came of age in the late '60s, began his search for deeper meaning, gradually assimilated into professional life, married, and became "normal." The only difference is that Moody never stopped searching, and *The Five Stages of the Soul* is the culmination of his efforts. Everyone, especially in the middle years, he says, takes an interest in the spiritual life, and more or less goes through five stages of development: the call, the search, the struggle, the breakthrough, the return. In a colorful array of stories from contemporary America and legends and myths from religious traditions around the world, Moody unveils the varieties of spiritual paths and the common threads that bind them all together. As a mirror of our own search, *The Five Stages of the Soul* is as useful as it is informative.

From Library Journal

Moody, cofounder of the Brookdale Center on Aging at Hunter College in New York City, has studied the field of aging for two decades. Through Sufi masters, Buddhist monks, and personal spiritual reflections, he illustrates five stages of spiritual development that play a part in every individual's life journey. The call comes first, then the search, struggle, and breakthrough. Finally, the return finishes the cycle. Moody moves beyond Jung, Erikson, or Maslow, whom he claims neglected the spiritual in their theories on human development. His work could be the counterpart to Gail Sheehy's *Passages* (LJ 5/15/76). An extensive bibliography demonstrates Moody's knowledge of his subject. Recommended for public and academic libraries. —Lisa S. Wise, Broome Cty. P.L., Binghamton,

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From the Publisher

In a groundbreaking book that interweaves twenty years of case studies and research in the field of aging with an exhaustive knowledge of psychology, religion and literature, Harry R. Moody, co-founder and Director of the Brookdale Institute of Aging, reveals the spiritual passages that the vast majority of us encounter in life and explores the opportunities those spiritual stages offer us in achieving a sense of inner fulfillment.

At some point in our lives, most of us begin to question what life is all about, what the purpose of our existence is. This first of the passages in our spiritual lives often arises as the result of the death of a parent or other loved one, the birth of a child, or any number of life-changing events that force us to rethink who and what we are. Everyone responds differently to what Dr. Moody describes as the Call. For some, it may lead back to traditional religion; for others to good works in the community; still others turn to mysticism. Those who ignore the Call are called again, for the Call comes not once, but any number of times in one's life, and in any number of ways. For those who heed the Call, it is an opportunity to reflect on their inner lives, to explore and fulfill a deeper part of themselves. In *The Five Stages of the Soul*, Dr. Moody identifies five specific spiritual stages that make up our inner lives, exploring the psychology of our spiritual development and interweaving the wisdom of Western and Eastern spiritual masters as we struggle through the labyrinth of life.

Written in richly textured narrative that constantly inspires as it offers a detailed roadmap of our spiritual

lives, *The Five Stages of the Soul* is reminiscent in its approach of the best work of Scott Peck and Thomas Moore.

Users Review

From reader reviews:

Emily Walker:

The book *The Five Stages of the Soul: Charting the Spiritual Passages That Shape Our Lives* make one feel enjoy for your spare time. You may use to make your capable a lot more increase. Book can to be your best friend when you getting strain or having big problem together with your subject. If you can make reading through a book *The Five Stages of the Soul: Charting the Spiritual Passages That Shape Our Lives* for being your habit, you can get a lot more advantages, like add your current capable, increase your knowledge about some or all subjects. It is possible to know everything if you like open up and read a book *The Five Stages of the Soul: Charting the Spiritual Passages That Shape Our Lives*. Kinds of book are several. It means that, science e-book or encyclopedia or other folks. So , how do you think about this publication?

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Adrian Rogers:

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