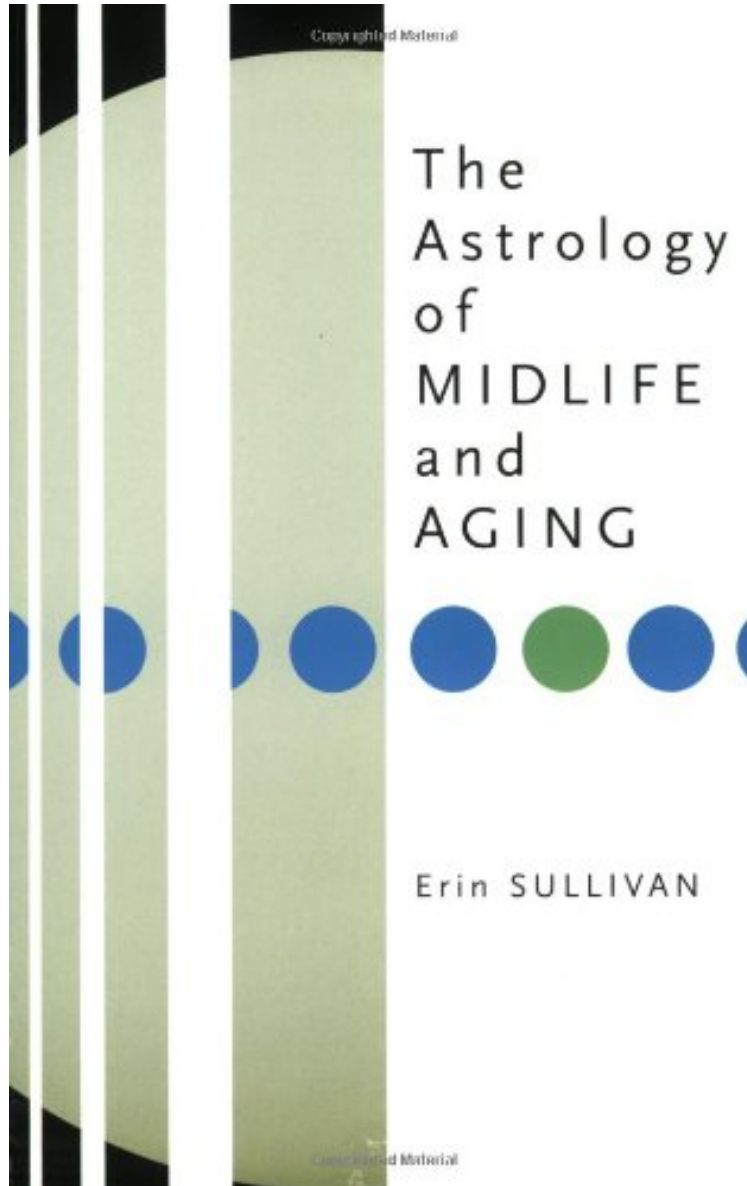


(Ebook free) The Astrology of Midlife and Aging

The Astrology of Midlife and Aging

Erin Sullivan

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Erin Sullivan : The Astrology of Midlife and Aging before purchasing it in order to gage whether or not it would be worth my time, and all praised The Astrology of Midlife and Aging:

7 of 7 people found the following review helpful. Deep and fascinating on many levelsBy HedyI cannot sum up this book easily but it has helped me navigate my midlife while nothing else has. The processes of the past few years and

the ones I am entering make sense on a very deep level. The author focuses quite a bit on Jung but not as pop psych. Jung himself focused on adulthood, saying that childhood problems were the parents' problems. Freud helped us see how our formative years affected us, while Jung looked at how in aging we decide if we will become who we are or if we will stay our parents' problems. If you consider predictive astrology as a way to see how you can best grow going with the flow instead of resisting, then you'll probably love this book. The different transits of midlife make a pattern of a major growth spurt, last felt at puberty. Puberty you get some preparation for as school teaches it (we hope) and it's in the media all the time with tons of teenage dramas. Midlife hits with no warning, much like how no one prepares you for the years of peri-menopause where your ovaries run wild. This book helped me identify exactly what happened when and what I did with it and what to expect coming up. Each person is very different, so no one experiences the transits the same way, but the themes are the same and how we have lived our lives and what our temperament is makes the universal themes unique. I love studying history and astrology ends a fascinating look. This book is the best I have found for explaining the "jobs" of the Great Generation (Pluto in Cancer), Baby Boomers (Pluto in Leo), the Survivors (Pluto in Virgo), and Pluto in Libra, with a look at what to expect in the short time when Pluto is in Scorpio and society is rebuilt after the Virgo and Libra generations clean up the messes made by the Cancer and Leo generations. The different values of each group helped me a lot to understand why my mother's Baby Boomer friends are still so reluctant to be adults and why my generation (Virgo) are so much more realistic. Understanding my younger friends (Libra) is much easier too. The conflict between the Cancer and Leo group is now obvious. The Pluto transit at midlife only happens for a few generations, starting with the Baby Boomers who grew up in the atomic bomb's constant shadow. That we generations are facing collectively a new midlife with a transit very much about facing death which previous ones did not was interesting. Perhaps the demotion of Pluto to a dwarf planet and the next younger people to be the last with the Pluto transit at midlife will mean good news about nuclear waste and war. By seeing how when our ancestors lived shorter lives, their Saturn Return was their midlife crisis, and how new it is to have so many reach the Uranus Return of 84, humans are integrating the transpersonal planets into their lives in a way never before seen even without the Pluto transit. My grandmother lived to be in her 90s and I got deeper insight into how that was for her, how removed she was from the world as she outlived everyone she loved. The information about how women often handle the emotional and social freedom of aging better than men coincides with the information that post-menopausal women don't make the "need to Mommy others" hormones, while a man often had a woman be their emotional and social self for them, so midlife and aging is very different at times. The information about gay and lesbian relationships I don't know if it is true or not, but it makes logical sense looking at biology and gender socialization. I like my astrology books to be deep. I dislike cookbooks and superficial, non-humanistic astrology. This has given me much to think about outside of astrology, which is a great sign of a great astrology book. It helped me know parts of the human experience where I was formerly ignorant. Astrology in context of real life. Also the author shuns the "blame the victim" New Age which is WONDERFUL. 3 of 3 people found the following review helpful. Happy to discover this book. By M. Hurwitz I'm still reading this book weeks after I bought it just to savor all the insights offered. I'm definitely adding Erin Sullivan to my list of trusted astrology writers. There's plenty of technical detail, and at the same time the style of writing is very accessible for students. A very useful book. 1 of 1 people found the following review helpful. A must read for baby boomers! By Rhys Fascinating book by a highly talented astrologer from a psychological perspective. She writes in detail about generational planets (e.g. Pluto in Leo, then in Virgo, all the way up through Sagittarius) and provides deep insight. A must read for baby boomers!

The first in-depth analysis of how an individual's natal horoscope reveals the unique challenges and opportunities of midlife. Between the ages of thirty-seven and forty-one, something mysterious takes place within the psyche. Jung called this phase our "unlived life," assuming rightly that midlife did not inaugurate a time of rapid decay, loss of libido, and inevitable death but rather ushered in a period in which one might review one's life and build upon a strong foundation toward the next phase of adulthood. Acclaimed astrologer Erin Sullivan takes us through the vast changes that astrology reveals as we reach middle age. It is a moment in life that is characterized by the planet Uranus, one filled with opportunities to both rethink the past and move forward toward the future, "witnessing" our lives in the way Uranus connotes. There exist no maps of the terrain except the natal horoscope.

About the Author Erin Sullivan's writing has recently been featured on the op-ed page of the New York Times and in other national publications. He is the author of many leading books on astrology.