

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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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:

Mary Ybarra:

The ability that you get from The Five Stages of the Soul: Charting the Spiritual Passages That Shape Our Lives may be the more deep you digging the information that hide inside words the more you get interested in reading it. It doesn't mean that this book is hard to know but The Five Stages of the Soul: Charting the Spiritual Passages That Shape Our Lives giving you thrill feeling of reading. The article writer conveys their point in selected way that can be understood by means of anyone who read that because the author of this book is well-known enough. This kind of book also makes your own vocabulary increase well. Making it easy to understand then can go with you, both in printed or e-book style are available. We recommend you for having this particular The Five Stages of the Soul: Charting the Spiritual Passages That Shape Our Lives instantly.

Jeffery Fulmer:

The particular book The Five Stages of the Soul: Charting the Spiritual Passages That Shape Our Lives will bring someone to the new experience of reading a book. The author style to spell out the idea is very unique. Should you try to find new book to study, this book very suited to you. The book The Five Stages of the Soul: Charting the Spiritual Passages That Shape Our Lives is much recommended to you to see. You can also get the e-book from your official web site, so you can quicker to read the book.

Dedra Clark:

A lot of people always spent their particular free time to vacation as well as go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you wish to try to find a new activity here is look different you can read a new book. It is really fun for yourself. If you enjoy the book that you read you can spent all day long to reading a book. The book The Five Stages of the Soul: Charting the Spiritual Passages That Shape Our Lives it doesn't matter what good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. In the event you did not have enough space to create this book you can buy the e-book. You can m0ore effortlessly to read this book from your smart phone. The price is not too expensive but this book possesses high quality.

Alice Olivares:

The Five Stages of the Soul: Charting the Spiritual Passages That Shape Our Lives can be one of your nice books that are good idea. All of us recommend that straight away because this book has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to set every word into pleasure arrangement in writing

The Five Stages of the Soul: Charting the Spiritual Passages That Shape Our Lives but doesn't forget the main point, giving the reader the hottest as well as based confirm resource data that maybe you can be one among it. This great information may drawn you into brand-new stage of crucial pondering.

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