

What Matters Most: Living a More Considered Life

By James Hollis

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The celebrated author of *Finding Meaning in the Second Half of Life* delivers a unique look at happiness, sharing a Jungian approach to finding a fearless, authentic path.

Why are we here? What is the meaning of existence? What truly matters the most in life? To even begin to answer these questions, we must start by exploring our own internal ideals, values, and beliefs. Presenting the unique perspective of respected analyst and author James Hollis, Ph.D., *What Matters Most* helps readers learn to appreciate (even be amazed by) events unfolding within, even as the external world creates constant struggles.

Taking a fresh look at the concept of happiness, Hollis uses a warm, accessible tone to encourage readers to learn to tolerate ambiguity, embrace growth rather than security, respect the power of Eros, engage spiritual crises, and acknowledge the shadow of mortality. Providing inspiring wisdom and personal reflections to address our deepest worries, *What Matters Most* yields far more than mere self-help clichés. Instead, Hollis guides readers in uncovering the heart of the matter, discovering what it means to truly live life to its fullest, most meaningful state—as fully engaged citizens of the world.

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Editorial Review

About the Author
The author of more than a dozen books, **James Hollis, Ph.D.**, teaches at the Jung Educational Center of Houston and is a distinguished faculty member of the Saybrook Graduate School and Research Center in San Francisco. A graduate of the C. G. Jung Institute of Zurich, Switzerland, he maintains a private analytic practice.

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Healing, satisfaction, and meaning only come when we identify what feeds our soul . . . says therapist and writer Hollis in this thoughtful program. The elegance and poetry in this writing will frustrate listeners looking for something more direct or colloquial. Literature lovers, on the other hand, will devour the writer's philosophical tone and the many quotes from authors like Pascal and Dylan Thomas. Narrator Jim Bond's academic tone helps to keep the production anchored to the author's largely intellectual approach. Yet Bond is so comfortable with this kind of material that he makes it come alive with humanity and clarity. This well-performed essay is sure to influence those who warm up to its important message. T.W. © AudioFile 2009, Portland, Maine

Users Review

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Martina White:

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