



# The Middle Passage: From Misery to Meaning in Midlife

Dr. James Hollis

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### The Middle Passage: From Misery to Meaning in Midlife

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#### The Middle Passage: From Misery to Meaning in Midlife Dr. James Hollis

Author James Hollis' eloquent reading provides the listener with an accessible and yet profound understanding of a universal condition - or what is commonly referred to as the mid-life crisis. The book shows how we may travel this Middle Passage consciously, thereby rendering our lives more meaningful and the second half of life immeasurably richer.



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