



Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self

By John Lee



Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self By John Lee

“So this is my life? What happened to the person I thought I might be at this stage of the game? Where did that person go? Why am I feeling like I’m just treading water, trying to stay one step ahead of my bills and obligations. Anyway, I’m just too tired at this point to try to figure out where that other person went. But I sure expected to be living a different life than this one.”

Most people in their forties, fifties, and beyond catch themselves saying something similar to this. Everyone has a mental image of the person they want to be, but few of us actually fulfill these wishes. Once people realize they are living a completely different life than they’d envisioned, they often think it is too late to change and carry on with the same old habits. Too many people settle for a half-lived life.

Best-selling author John Lee has long been addressing the fallacy of this attitude in talks and workshops—and now he sets this program into book form. In *The Half-Lived Life*, he introduces and explains how passivity holds us hostage to old ways of doing things—and provides solutions on escaping this paralyzing state of mind, body, and spirit while increasing our emotional intelligence (EQ). He also shows the freedom to be gained via compassionate assertiveness—an outgrowth of setting boundaries and enforcing limits. Just as Lee’s seminars have successfully led many to find their authentic self in the second half of their life, so too will this book.

 [Download Half-Lived Life: Overcoming Passivity and Rediscov ...pdf](#)

 [Read Online Half-Lived Life: Overcoming Passivity and Redisc ...pdf](#)

Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self

By John Lee

Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self By John Lee

“So this is my life? What happened to the person I thought I might be at this stage of the game? Where did that person go? Why am I feeling like I’m just treading water, trying to stay one step ahead of my bills and obligations. Anyway, I’m just too tired at this point to try to figure out where that other person went. But I sure expected to be living a different life than this one.”

Most people in their forties, fifties, and beyond catch themselves saying something similar to this. Everyone has a mental image of the person they want to be, but few of us actually fulfill these wishes. Once people realize they are living a completely different life than they’d envisioned, they often think it is too late to change and carry on with the same old habits. Too many people settle for a half-lived life.

Best-selling author John Lee has long been addressing the fallacy of this attitude in talks and workshops—and now he sets this program into book form. In *The Half-Lived Life*, he introduces and explains how passivity holds us hostage to old ways of doing things—and provides solutions on escaping this paralyzing state of mind, body, and spirit while increasing our emotional intelligence (EQ). He also shows the freedom to be gained via compassionate assertiveness—an outgrowth of setting boundaries and enforcing limits. Just as Lee’s seminars have successfully led many to find their authentic self in the second half of their life, so too will this book.

Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self By John Lee Bibliography

- Sales Rank: #335353 in eBooks
- Published on: 2011-12-20
- Released on: 2014-09-10
- Format: Kindle eBook

 [Download Half-Lived Life: Overcoming Passivity and Rediscov ...pdf](#)

 [Read Online Half-Lived Life: Overcoming Passivity and Redisc ...pdf](#)

Download and Read Free Online Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self By John Lee

Editorial Review

Review

“If you want to understand why you are so unsatisfied and disappointed with your life, this is the book for you. John Lee is a contemporary wise man sharing wisdom about our pain and how to get beyond it to a renewed life. *The Half-Lived Life* is must reading for all of us on The Quest!” —Robert L. Moore, PhD, author of *Facing the Dragon*

“If anyone can create a path of transformation for your life, John Lee can and will in this book. He has lived the pages and now passes the personal power on to you.” —Pat Love, EdD, author of *Never Be Lonely Again*

“John Lee mentions that ‘very little has been written about passivity in men.’ Men are always assumed to be hard-drivers, but they live out their passivity in a disguised way. This book will help both men and women see that.” —Robert Bly, poet and author of *Iron John*

From the Inside Flap

“So this is my life? What happened to the person I thought I might be at this stage of the game? Where did that person go? I sure expected to be living a different life than this one.”

Most people in their forties, fifties, and beyond catch themselves saying something similar to this. Everyone has a mental image of the person they want to be, but few actually fulfill their wish. Many often think it is too late to change and instead settle for a half-lived life.

Best-selling author John Lee has long been addressing the fallacy of this attitude in talks and workshops—and now he sets his program into book form. In *The Half-Lived Life*, Lee introduces and explains how passivity holds us hostage to old ways of doing things and provides solutions for escaping this paralyzing state of mind, body, and spirit while increasing our emotional intelligence (EQ). He also shows the freedom to be gained via compassionate assertiveness—an outgrowth of setting boundaries and enforcing limits. Just as Lee’s seminars have successfully led many to find their authentic self in the second half of their life, so too will this book.

About the Author

John Lee is a best-selling author of twenty-one books with more than 500,000 copies sold to date including *The Flying Boy*. He has been featured on *Oprah*, *Dr. Oz*, *20/20*, *The View*, CNN, PBS, and NPR. Among the organizations and health facilities he has consulted for on issues of emotional well being are the Betty Ford Clinic, the Cleveland Clinic, and the New York Open Center. He lives in McKinney, Texas with his wife, Susan.

Users Review

From reader reviews:

Shirley Smith:

What do you concerning book? It is not important along? Or just adding material if you want something to explain what your own problem? How about your free time? Or are you busy man? If you don't have spare time to do others business, it is give you a sense of feeling bored faster. And you have spare time? What did you do? Everybody has many questions above. They should answer that question mainly because just their can do in which. It said that about publication. Book is familiar in each person. Yes, it is appropriate. Because start from on jardín de infancia until university need that Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self to read.

Mary Oliveras:

Here thing why this Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self are different and reputable to be yours. First of all reading through a book is good however it depends in the content of the usb ports which is the content is as tasty as food or not. Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self giving you information deeper and in different ways, you can find any publication out there but there is no book that similar with Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self. It gives you thrill reading through journey, its open up your personal eyes about the thing which happened in the world which is might be can be happened around you. You can bring everywhere like in recreation area, café, or even in your means home by train. When you are having difficulties in bringing the paper book maybe the form of Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self in e-book can be your alternate.

Gerardo Roney:

Often the book Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self will bring you to definitely the new experience of reading a new book. The author style to describe the idea is very unique. In the event you try to find new book to see, this book very ideal to you. The book Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self is much recommended to you to study. You can also get the e-book through the official web site, so you can more readily to read the book.

Thomas Towne:

Reading can called brain hangout, why? Because while you are reading a book particularly book entitled Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self your thoughts will drift away trough every dimension, wandering in every single aspect that maybe unidentified for but surely will become your mind friends. Imaging every word written in a reserve then become one contact form conclusion and explanation that will maybe you never get prior to. The Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self giving you a different experience more than blown away your head but also giving you useful details for your better life in this era. So now let us demonstrate the relaxing pattern the following is your body and mind are going to be pleased when you are finished reading through it, like winning a game. Do you want to try this extraordinary paying spare time activity?

**Download and Read Online Half-Lived Life: Overcoming Passivity
and Rediscovering Your Authentic Self By John Lee
#Z7YM6LOKV4H**

Read Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self By John Lee for online ebook

Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self By John Lee Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self By John Lee books to read online.

Online Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self By John Lee ebook PDF download

Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self By John Lee Doc

Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self By John Lee Mobipocket

Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self By John Lee EPub