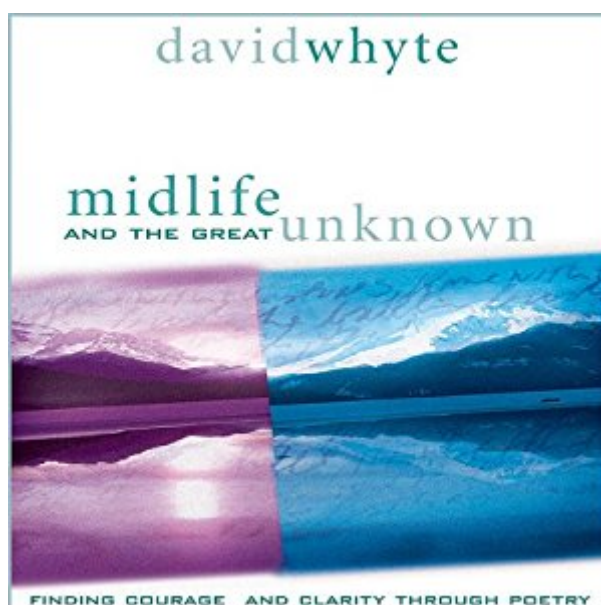


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# Midlife And The Great Unknown



## Synopsis

"In the middle of the road of my life I awoke in a dark wood, where the true way was wholly lost." When you find yourself suddenly without bearings, as Dante Alighieri voiced so well centuries ago, where will you look for guidance? Throughout the ages, teaches David Whyte, the language of poetry has held a special power to hazard ourselves boldly at the fierce edges of our lives. On *Midlife and the Great Unknown*, you will engage with poetic imagination as it was meant to be experienced: as your companion and guide for the challenging terrain of midlife. Join this Yorkshire-born poet and bestselling author to explore: Radical simplification • an invitation to sit in silent reflection and observation Using your poetic imagination to navigate life's cycles of loss and joy Honoring who you are right now, including your skills and limitations, and more The language of poetry can emancipate you into the next phase of your existence, teaches David Whyte. It can help you break through obstacles and give you courage to take necessary risks. Drawing from the wisdom of fellow poets Rainer Maria Rilke, Emily Dickinson, and Seamus Heaney, Whyte invites you to boldly engage in a conversation with the second half of your life on *Midlife and the Great Unknown* Note: Excerpted from the full-length audio course *Clear Mind, Wild Heart*. --This text refers to the Audio CD edition.

## Book Information

Audible Audio Edition

Listening Length: 2 hours and 32 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Sounds True

Audible.com Release Date: December 12, 2008

Language: English

ASIN: B001NXPJP4

Best Sellers Rank: #28 in Books > Audible Audiobooks > Fiction & Literature > Poetry #29 in Books > Self-Help > Mid-Life #235 in Books > Health, Fitness & Dieting > Aging

## Customer Reviews

My husband and I are both in midlife and we have both just reinvented our careers. In addition, I have read everything David Whyte has written because I find his work so powerful. This audio CD was a supreme delight. His voice and his reading of poetry is exquisite. The thoughtful information is relevant to any passage one is making in life. Furthermore, the poetry has the capacity to be

transformative when one takes what Whyte has to say to heart and practice. I have shared with many people the wisdom I gained from listening to the CD. My husband was able to make a serious reconsideration of his work life after hearing the tape. I will listen to the tape again and again; every time I listen I hear and learn something else new and valuable.

A friend told mine he was going to listen to David Whyte and it intrigued me enough to look him up and download this CD for a long drive this weekend. I find myself rather numb from the depth and breadth of it all. So very much to think about and what its implications are in my life that I'll be having to relisten many times I'm sure (I've already listened twice). He gives us his experiences with such clarity I can almost smell the Celtic grasses under his feet and feel the mists swirling around his vision, occasionally parting for a view of distant and promising lands. This wrapped up in his and others poetry that he reads and his reflections about it has caused me to further explore new poets, to talk about them with my friends, and to ask what can we do with this. David has obviously thought about such matters deeply and I can think of no higher tribute to a person than they made me think profoundly about profound matters. A NEW NOTE OF CAUTION: I purchased this as an introduction to David Whyte, thinking if I liked this "unabridged" version I'd buy his "Clear Mind, Wild Heart" (CMWH) audio. Long story short: this is actually CD 2 and 3 of CMWH. I think this is like taking all the odd chapters of a Tale of Two Cities, renaming it "Story of a Town (Unabridged)". It is misleading labeling. I will keep the five stars because it is an amazing foray into poetry and life in general but beware--if you're thinking you'll buy CMWH then go straight there. Fortunately the audio download server with a name almost identical to the publisher of this CD refunded my money so I could just buy the 6 CD set.

I am in awe of this CD. It has a beauty I have rarely encountered and I am thrilled with my purchase. My wife also shares my 'affair' with these CD's and we are the better for them. Neither of us have had much interest in poetry, yet David Whyte has such a way with words that we both feel very much converted!

I bought this to listen to as we traveled through Scotland. (Seems like an odd plan, but I wanted to do some reflection on my own mid-life.) I LOVED it! David uses poetry in such a meaningful manner, and he's an excellent story-teller. I've listened to this many times since that trip, and each time I REALLY listen. I have to say that I am a little better for the listening.

I wish the "midlife" reference were not in the title as it made me hesitate and delay trying this product for way too long. It is such an exquisite treat and so powerful in way more ways than I can convey through words. David Whyte's uniquely powerful delivery adds further punch to his great insights that reach ever deeper the more one listens. Thus I found it amazing the first time I listened and keep being blown away by finding it ever more powerful every time I listen. In addition to the content, the place David Whyte speaks from is itself profoundly impactful. At the time I ended up deciding to buy this product I had greatly lamented not selling David Whyte's "poetry of self-compassion" as I had adored that tape. Although I still regret not having yet been able to find it on CD as it is even more powerful yet, I am so glad that it ended up pushing me into giving this product a try as both are invaluable and well worth owning and repeatedly listening to over the years as special treats that get ever better over time.

As awkward as it might be to consider oneself at mid-life, it is a genuine relief to have such a clear and open-hearted guide such as David Whyte help make sense of it all. This CD is profound and inspiring. I could listen to Mr. Whyte's voice all day long. He draws on not only poetry (his own and that of others), but on basic life observations and recollections. The only caution I'll give is that some material seems to be lifted directly from another of his CDs, entitled "Clear Mind: Wild Heart". It's possible that it's just the same words and themes...I haven't done a side-by-side comparison. The duplication is a bit disconcerting, but has more to do with the publisher than the author. Anyway, David Whyte's talents are amazing, and this material is one that I'll listen to again and again. Best wishes,

David Whyte is the author and poet of the soul, of the deep searching place within and of the wondering being. He refers with such modesty to the incredible work of others, and for that you get to know of poets and poems that you weren't familiar with before or at least did not recognize them until seeing them in light of what he refers to. Like a true teacher, he helps you to dare to do what you already had within you. Like a genuine guide, he leads you to the realms you had unconsciously and conveniently forgotten or overlooked. David Whyte's writings are very deep and beautiful. But, when he speaks his expressions, his words could be more touching if he did not repeat himself over and over. Somethings get imprinted in your mind (not heart) forever because you've heard them repeatedly but memorizing is different from feeling. It is like someone holding a flower in front of you and insisting upon your looking at it, it is like each time you turn your face away, they bring you back to the flower (over and over). Yes, you'd remember the flower, its color,

dimensions, fragrance and so on. But maybe it is when you are just passing by the flower and you intuitively/unknowingly turn around to look back and see the flower again because you wanted to because something touched you, is the moment that you are naturally receptive to the flower. Of course it matters how someone speaks, what words s/he uses. how their tone of voice is, how and when they emphasize on a word, how they flow as they speak and how sincere they are. David Whyte is excellent on all the above. If only he would give space to his listeners to absorb what he just read/said at their own pace. Words touch different people in different ways. All that said, this audiobook is very rich. It fills your backpack with amazement and inspiration on your personal journey through the Great Unknown.

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