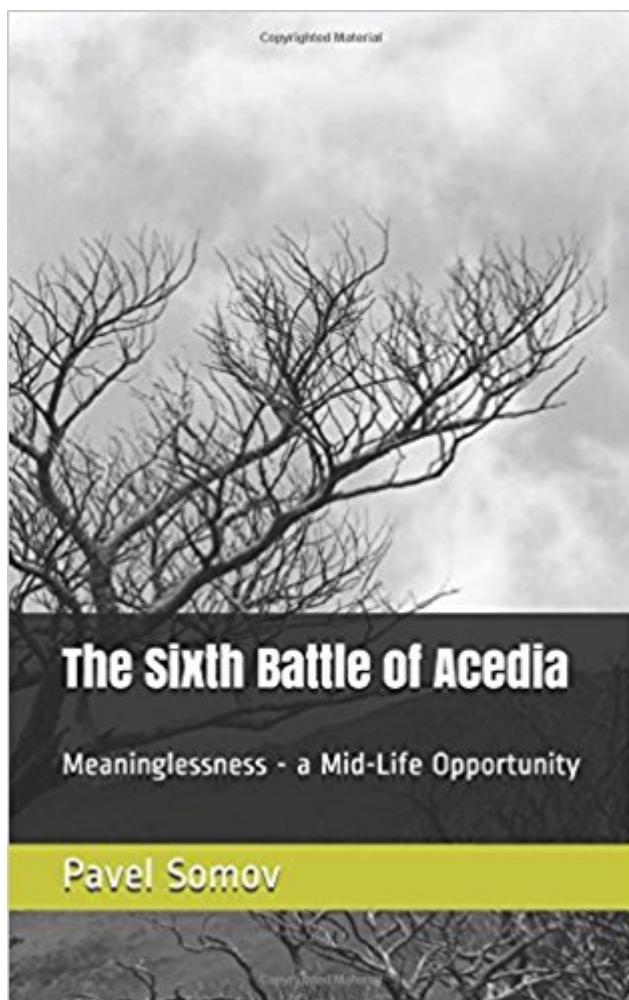


The book was found

# The Sixth Battle Of Acedia: Meaninglessness - A Mid-Life Opportunity



## Synopsis

The problem is most of us live too long and too comfortably. We live way beyond our evolutionarily calibrated expiration date, way past our procreative mandate. This means that, aside from the legitimate battles of survival, we are all  $\infty$  eventually  $\infty$  doomed to fight a very peculiar, very human battle  $\infty$  a battle against meaninglessness  $\infty$  a battle that we need to lose not win, if we are to win the existential war against suffering. The book is about our search for meaning and how to cope with meaninglessness and apathy of midlife. About the author: Pavel Somov, PhD is a licensed psychologist in private practice, and the author of 7 self-help books on mindfulness-based self-help; he speaks domestically and internationally on the topics of mindfulness; Somov is on the Advisory Board of the Mindfulness Project (London, UK); several of his books have been translated into Dutch, Chinese and Portuguese; he has also published in peer-reviewed journals.

## Book Information

Paperback: 70 pages

Publisher: Independently published (June 9, 2017)

Language: English

ISBN-10: 152147138X

ISBN-13: 978-1521471388

Product Dimensions: 5 x 0.2 x 8 inches

Shipping Weight: 4.5 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #615,372 in Books (See Top 100 in Books) #180 in Books > Self-Help > Mid-Life #121398 in Books > Religion & Spirituality

## Customer Reviews

I found this book a very interesting read. Pavel writes with great style, drawing on diverse sources such as biology, literature and philosophy. He describes the malaise of mid-life, and takes apart the three oft-quoted solutions for it, i.e. (i) keeping busy, (ii) hedonism, and (iii) trying to make meaning, as unsatisfactory. Having tried these myself, I could relate. He then proposes a viable alternative, i.e. contentment and mindfulness (i.e. being instead of becoming). I have put this into practice in my own life, whenever I find myself feeling restless.

[Download to continue reading...](#)

The Sixth Battle of Acedia: Meaninglessness - a Mid-Life Opportunity Acedia & me: A Marriage, Monks, and a Writer's Life The Noonday Devil: Acedia, the Unnamed Evil of Our Times Bernice Chesler's Bed & Breakfast in the Mid-Atlantic States: Fifth Edition--Delaware, Maryland, New Jersey, New York, North Carolina, Pennsylvania, ... and Breakfast in the Mid-Atlantic States) A History of Tahiti; A History of Fiji; Papua, Where the Stone-Age Lingers; The Men of the Mid-Pacific; The Islands of the Mid-Pacific; Java, the Exploited Island (Classic Reprint) Karen Brown's Mid-Atlantic 2010: Exceptional Places to Stay & Itineraries (Karen Brown's Mid-Atlantic: Exceptional Places to Stay & Itineraries) The Battle of Antietam: McClellan's Missed Opportunity Team Sixth Grade: First Day Of School Books For Sixth Grade (Composition Notebooks)(8.5 x 11)(Journals For Kids To Write In) The Sixth Gun Volume 8: Hell and High Water (Sixth Gun Tp) The Bantam Medical Dictionary, Sixth Edition: Updated and Expanded Sixth Edition Uninsured in America: Life and Death in the Land of Opportunity Choosing a Better Life?: Evaluating the Moving to Opportunity Social Experiment (Urban Institute Press) Life Reimagined: The Science, Art, and Opportunity of Midlife Happy Divorce: How to turn your divorce into the most brilliant and rewarding opportunity of your life! Mid-Life Career Rescue Series Box Set (Books 1-3):The Call For Change, What Makes You Happy, Employ Yourself: How to change careers, confidently leave ... you hate, and start living a life you love, Unequal Opportunity: Health Disparities Affecting Gay and Bisexual Men in the United States Mobile: Sunbelt Center of Opportunity Black Privilege: Opportunity Comes to Those Who Create It Millionaire Mind: 6 Book Bundle - Passive Income, Don't Compete Dominate, Don't Wait For Opportunity Create It, Entrepreneurship, A2z Of Success, Top Secrets Of Accumulating More Money The Theory of Interest as Determined by Impatience to Spend Income and Opportunity to Invest It

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)