



# **Second Act Soul Calls: Your Guide for the Re-Invention of Your Life at Midlife and Beyond with Passion, Purpose, and Possibilities**

*Lorraine Banfield*

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The Baby Boom generation, all 78 million of them, is hitting or has already hit, that all-important phase of human development, the midlife passage. This passage is often fraught with challenges, discontent and a feeling of diminishing possibilities, but this generation, unlike their parents, has been given the gift of extra time. In many cases this generation will live up to thirty years longer than any other generation before them. What to do with this time is the focus of the book, *Second Act Soul Calls – Your Guide to the Re-Invention of Your Life at Midlife and Beyond with Passion, Purpose, and Possibilities*. Both practical and pragmatic but also spiritual and soulful, this book will change your life if you listen to the call of your soul and take its challenges to heart. Lorraine Banfield, a psychotherapist, career counselor and life coach writes the perfect book to help you negotiate this time of life. Banfield's thesis is that midlife and beyond is a time of life ripe for hearing the call of your soul and reinventing your life in a way that meets both the needs and desires of your soul but which also contributes in some way to the greater good. The book is written in four parts, each with unique tasks and challenges. The first part asks you to take some time to enter the mysteries of the soul by taking some time out alone to listen for that still small voice that knows the way to a new and invigorating life. The second part is on taking stock of your gifts and talents by taking a journey back to your childhood to see what your ten-year-old self loved, hated and what got you into trouble, but also by looking at what you love to do now and what you also hate doing. The third part is on the obstacles and dragons you will face in terms of truly reinventing your life. The last part is about manifesting your soul's call. In this part she talks about redefining retirement to one of engagement in productive work, whether paid or unpaid. She calls this re-invention planning rather than retirement planning. She also encourages her readers to make sure that what they call a soul call also contributes to the greater good rather than simply contributing to their own personal good as she sees this as a win-win for both the individual and the planet. Banfield ends her book with eighteen strategies for putting your soul's call into practice.

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