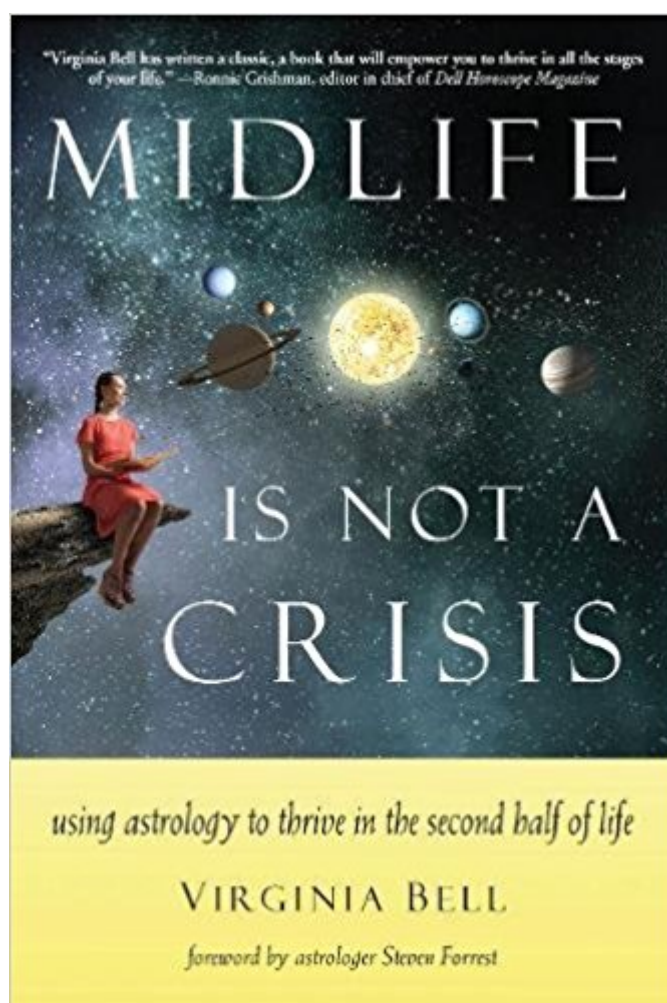


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# Midlife Is Not A Crisis: Using Astrology To Thrive In The Second Half Of Life



## Synopsis

Midlife Is Not a Crisis combines astrology, inspiration, and wisdom about aging to empower people to live more fully in the second half of life. It is based on the generational life cycles we all share at certain ages, from the Saturn Return at 29 and Midlife, which peaks at 42, all the way to the Uranus Return at 84. These cycles are the great crossroads of life, and each cycle is a journey in itself. Strung together they offer a road map to life's most challenging and rewarding passages. In every decade there are trials, lessons, and losses; in this we have no choice. Our freedom lies in how we respond—consciously or unconsciously, awake or asleep. The planet that governs each cycle acts as a wise elder or guide and holds the key to navigating the cycle successfully. This book tells the story of these cycles and provides a guide to living consciously and well. We are aging differently from the way we did in the past—we are not only living longer, we are staying healthy and vital longer as well. Midlife Is Not a Crisis motivates people to grow and prosper at any age. Ultimately it is a practical guidebook for our later years that shows us what to expect as we age and helps us make the most of our journey to becoming whole.

## Book Information

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## Customer Reviews

"This marvelous book is a poetic and educational journey about juicy aging, and how to prepare, prosper and thrive in the second half of life, and it also beautifully applies to all the stages of living and growing." --SARK co-author and artist of Succulent Wild Love, PlanetSARK.com  
"In Midlife Is Not a Crisis, astrologer Virginia Bell has written a consequential, compelling book that roadmaps life as an unfolding journey and reveals the purpose and heart of each life phase as an opportunity for

creative change. Based on the cycles of the planets, this is a practical yet lyrical guide to the stages of life through the language of astrology and the power of its timing and the wisdom of new paradigms beautifully carved from myth, archetype, and real life. *Midlife Is Not a Crisis* will inspire you to find renewal of purpose and amazing, unique opportunities for self-discovery at every age and the rich, ripe fruit of wisdom that lovingly connects you with the elder within awaiting at each cycle, honoring each as the doorway to a higher soul consciousness. Virginia Bell has written a classic, a book that will empower you to thrive in all the stages of your life. —Ronnie Grishman, Editor-in-Chief of Dell Horoscope Magazine

"A generation or two ago, people expected to work at their jobs until age 59 or 65, if they were lucky, receive a gold watch, and could possibly look forward to a few more years subsisting on Social Security or whatever they managed to save. But things have changed. Many of us live well into our 80's and even 90's and are enjoying marvelous second and third acts AND new careers. Virginia Bell's *MIDLIFE IS NOT A CRISIS: Using Astrology to Thrive in the Second Half of Life* has arrived right on time to serve and inspire Boomers, Gen-Xers, and anyone planning to make the most of the awakening that occurs at 40-45 and give it their all after age 50. The book begins with a fabulous primer for astrology newbies (deliciously well-written and an enjoyable review of the basics for veterans) and then forays into the much needed and under-discussed planetary transits and patterns that all 60, 70 and 80-somethings experience. Virginia leaves no stone unturned as she provides a precise and uplifting road map with which to navigate and enrich one's golden years." —Shelley L. Ackerman, astrologer, author, actor, entertainer at [www.karmicrelief.com](http://www.karmicrelief.com)

"What a clear, practical, and totally fascinating guide for how to thrive in all the phases of your life! With her brilliant mastery of astrology, Virginia Bell gives you the map to navigate your entire life and to become your fully authentic self. Keep this book on your bedside table!" —Jean Haner, author of *Your Hidden Symmetry: How Your Birth Date Reveals the Plan for Your Life*

—Sigmund Freud may have introduced us to the 'Mid-Life Crisis', but he left us high and dry when he led us to believe that it's all downhill from there. In a culture that has been deliberately 'Youth-anized' by the media, it's time to open our eyes to what astrologers have always known: that time, repetition, and experience are the only teachers here. From our perspective, the so-called mid-life crisis is in fact, the entrance to higher levels of wisdom and experience. With that said, I am here to applaud Virginia Bell. With *Midlife Is Not A Crisis*, she has tapped into the 'Secret of the Ages': Little did we know that life really does begin at forty. It may come as even more of a surprise that no one has enough experience or wisdom to become consciously aware of their life's purpose, until they turn fifty. If we live to be sixty, a whole other realm of consciousness opens up. From that point on, the heart, and the soul, and the

mind enter realms that are inaccessible to those who have not lived long enough to go there. YES! There is life after the mid-life crisis. It is where the sidewalk ends, and real life begins. This is a worthwhile book that will be a boon to astrologers, psychologists, and laymen alike. Now that the world is over-populated with Baby-Boomers, Ms. Bell will find a receptive audience for a book that could be just what the doctor ordered for anyone who suffers from the belief that 'You can't trust anyone over thirty' and life is over and done with on the day we turn forty.

--Cal Garrison, author of *The Astrology of 2012 and Beyond* and *The Old Girls' Book of Spells: the real meaning of menopause, sex, car keys, and other important stuff about magic*

"Appealing to master astrologers and avid horoscope readers, Virginia Bell looks brilliantly at the heavens and sees in the stars a spiritual road map revealing where we come from, where we are now, what lies ahead if we pay attention to the signs, and what's likely to happen if we don't. Midlife is Not a Crisis, and neither is any turning point in life, once we too open this book and take an enlightening look at the heavens above, in order to understand soulfully what's happening below."

--Karol Jackowski, author of bestseller *Ten Fun Things to do Before You Die*

"The world is awash in information right now, but starving for wisdom. Virginia Bell's book on the astrology of maturity is utterly timely. It is a thorough, well-written guide to the loving cultivation of the elder within each of us."

--Jessica Murray, author of *Soul-Sick Nation: An Astrologer's View of America* and *At the Crossroads: An Astrologer Looks at These Turbulent Times*, MotherSky.com

"With her ageless wisdom, Virginia Bell has written a book for the ages. Using astrology's key cycles, she shows us that life has a plot, and that its unfolding will give you new-found opportunities for growth. No matter what stage of life you are in, however, her book, *Midlife Is Not a Crisis*, is for the young-at-heart, for it will inspire you to embrace the changes and challenges you face with courage and a sense of adventure."

--Shirley Soffer, author of *The Astrology Sourcebook: Your Guide to Understanding*

Virginia Bell has been a full-time astrologer since the 1990s. She currently writes a horoscope column and celebrity profiles for the CBS magazine, *Watch!*. She's a regular contributor to the Huffington Post and has written astrology columns for magazines including *TV Guide* and *US Weekly*. Visit her at [www.virginiabellastrology.com](http://www.virginiabellastrology.com).

Virginia has struck the right chord, weaving together sources of wisdom from every walk of life in a personable, easy to read format. Both complete skeptics and experienced astrologers can find lots to inspire them in these pages. It is SO worth the money. Virginia is a gem and a wonderful writer

and philosopher.

"Midlife Is Not a Crisis" by Virginia Bell is really a wonderful and inspiring book. It takes a positive view of aging and gives many examples of how the author and other people have thrived in their later years. Virginia uses astrology as a framework and explains it well so the reader does not need any prior knowledge of astrology to understand and enjoy the book.

I was really hoping for more in depth insight into midlife and how to navigate this period of life. This book is more suited to beginner astrology students. It's heavy on the author's own personal anecdotal experiences but light on insightful and useful advice.

I read the whole book on an airplane and loved from beginning to end. I have been into spiritual and astrology for years and Virginia Bell's book really resonated to what happens to everyone yet they do not realize it might have been astrological aspects they were meant to experience. We all must continue to grow as we all have a life journey. We all make the final decision as to what path or crossways we wish to take. Virginia explains in a totally understandable way. I feel everyone would benefit from reading this book - makes you do deep thinking about our own experiences. Makes you feel you're not the only one. Everything happens for a reason and I feel I read this book to realize I have so much more to learn this lifetime. We all want to make the most of what we were meant to Experience in Life. Thank you Virginia for taking the time to write this book. Anna Marie S.

A fresh look at astrology and the different cycles as they relate to the alignment of planets at the date and time of our birth. Those interested in astrology for deeper understanding of oneself and for self-growth will find this book an excellent and entertaining guide. I learned so much.

Best title I've read in ages! Grateful for its wisdom and life lessons but especially for the opening of Ms. Bell's heart as she shares personal experiences with the reader. My 61st birthday present to me! Thank you and blessings.

I love this book! Very well written, interesting, fun and heart-felt stories along with exercises and powerful insights! If you like astrology, you'll definitely want to get this book!

Wise and inspirational book about making the most of every year of your life and the wonderful

aspects of maturity.

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