



# Midlife and the Great Unknown: Finding Courage and Clarity Through Poetry

*David Whyte*

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"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*.

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