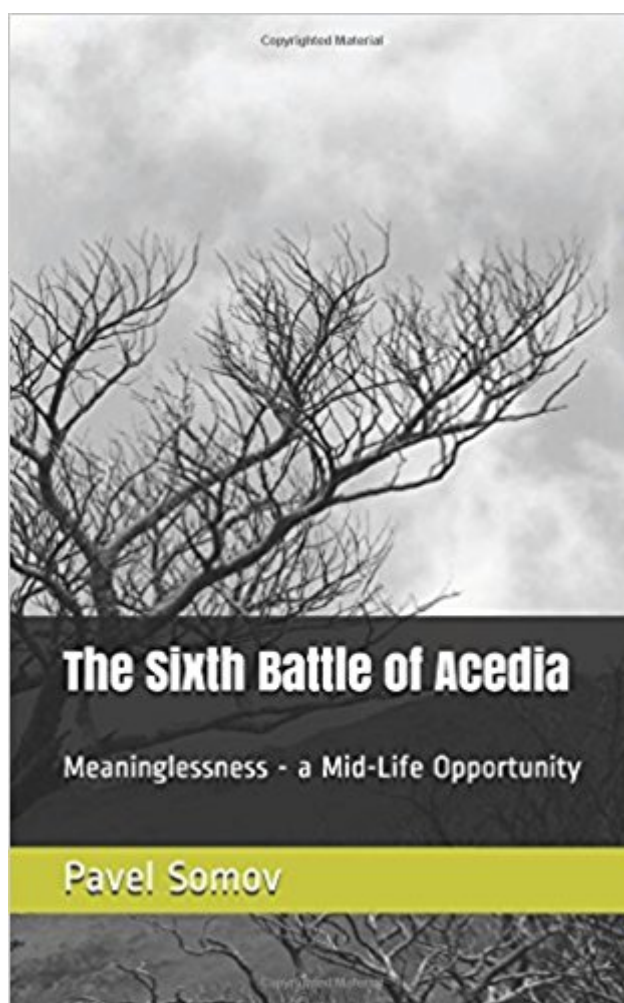


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# The Sixth Battle Of Acedia: Meaninglessness - A Mid-Life Opportunity



## 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 eventually doomed to fight a very peculiar, very human battle – a battle against meaninglessness – 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

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## 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.

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