



# The Human Odyssey: Navigating the Twelve Stages of Life

*Thomas Armstrong PhD*

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## **The Human Odyssey: Navigating the Twelve Stages of Life** Thomas Armstrong PhD

Many excellent volumes have focused on key chapters in our lives, from classics on early childhood and the teen years to bestsellers that identify pivotal phases in adulthood. In *The Human Odyssey* best-selling author Thomas Armstrong, Ph.D. covers the entire journey.

With Dr. Armstrong, we can travel through the first stirrings of life in the womb to the anticipation of death and even beyond. In a unique synthesis, he draws from a wide array of sources from various disciplines and cultures to fashion a compelling narrative; scientific and psychological knowledge combine with personal accounts, literary passages, myths and legends, and psychospiritual perspectives to help enrich our understanding of the broad sweep of life. The result is a comprehensive, groundbreaking view of our development.

The core of this enlightening guide consists of 12 chapters, each describing a different stage of life, with its own unique changes, struggles, and growth. A final chapter poses the possibility that the voyage may even continue after physical death. Additionally, Dr. Armstrong includes a comprehensive bibliography with further reading, list of organizations, practical activities, and a filmography.

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