



## The Second Journey: Mid-Life Challenges for the Baby Boomer Generation

By Tim Athey Ph.D

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### **The Second Journey: Mid-Life Challenges for the Baby Boomer Generation**

By Tim Athey Ph.D

In Dr. Tim Athey's work over the past decade, it has become clear to him that the values of the Baby Boomer generation pose unique challenges as they transition through midlife. These challenges are reflected in a growing need for meaning, spirituality, freedom, and change in the personal and professional lives of this generation of people. The turn of the millennium, and the tragedy of September 11, 2001, have caused all Americans to reflect on the things we want our lives to stand for. Because of who we are as a generation, and the values we hold dear, the drive for meaning and direction will reemerge as a compelling force for Baby Boomers facing the challenges of middle age. The Second Journey explores the Baby Boomer generation and how their values affect the personal adjustment, career transitions, and spirituality of this unique group of people. It explores the dilemmas that Boomers face as a generation and identifies the specific steps to resolve these personal dilemmas and establish a new vision for the future. This reawakening to the values of their past as they face the challenges of the future is the Second Journey that this generation now begins.

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### **Editorial Review**

#### **About the Author**

TIM ATHEY, is an Organizational Psychologist, executive coach, and writer. His firm, Transition Leadership Incorporated, has worked with individuals and corporations worldwide on the challenges of strategic leadership, culture change, and career transition. Tim lives with his wife Pat in Fort Collins, Colorado.

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