

New book shows how to turn life crisis into personal transformation

Using ancient sacred wisdom, psychologist Michael Mayer introduces life lessons that allow contemporary people to face difficult times in “The Path of a Reluctant Metaphysician”

ORINDA, Calif. – In “The Path of a Reluctant Metaphysician” (ISBN 0983966508), Michael Mayer describes how difficult times and life crises can turn us all into “reluctant metaphysicians” who must rethink our life philosophies.

“A career change, an upsetting external event, a serious illness, a painful breakup or an unraveling culture can all be invitations to enter a deeper world behind the world,” says the psychologist. “You may not have chosen to go there, but you evolve thereby.”

Using teachings and practices from ancient wisdom traditions, Mayer shows readers how to develop a strong life stance that can weather all sorts of personal difficulties. During our current time of great economic depression and political strife, “The Path of a Reluctant Metaphysician” helps develop various practices that lend stability to the soul and give peace of mind.

Each chapter is built around a gripping, inspirational story such as the 40-night solitary vision quest in the woods undertaken by Mayer, which allowed him to rewrite the purpose of his life. “The Path of a Reluctant Metaphysician” is written from a viewpoint that sees conflict as a launching pad for personal transformation. From psychological issues to disease Mayer regards these as “divine afflictions,” which can give people crucial opportunities to grow their soul and find an inner source of healing.

Using traditions culled from world mythology, Tai Chi and body-mind healing methods, “The Path of a Reluctant Metaphysician” maps out strategies for reinvigorating a soul hit by personal misfortunes. It gives readers the tools to develop their own spiritual philosophy and cultivate a resilient mindset. It draws on Mayer’s extensive training as a psychologist while offering many personal stories from his experiences in the counterculture and the world of alternative healing. It makes a great introduction to ancient healing traditions, showing how they apply to our own times.

Kirkus Reviews says, "A meaningful contribution to the spiritual self-help library...A psychologist blends spiritual paths from the East, West, and beyond for an innovative approach to healing...an expansive tale told with humility and insight."

“The Path of a Reluctant Metaphysician” is available for sale online at Amazon.com and other channels.

About the Author: Michael Mayer, Ph.D., a psychologist in private practice, has written extensively about body-mind healing. He co-founded the transpersonal psychology department at John F. Kennedy University where he oversaw the training of therapists. He is a fellow of the American Association of Integrative Medicine and co-founder of an integrative medical clinic. Mayer is author of 20 publications on integrating ancient wisdom traditions and modern bodymind healing such as his past books, “Energy Psychology: Self-Healing Practices for Bodymind Health” and “Bodymind Healing Psychotherapy: Ancient Pathways to Modern Health,” and his Bodymind Healing Qigong DVD.

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