



Falling Upward: A Spirituality for the Two Halves of Life -- A Companion Journal

Richard Rohr

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A valuable new companion journal for the best-selling *Falling Upward*

In *Falling Upward*, Fr. Richard Rohr seeks to help readers understand the tasks of the two halves of life and to show them that those who have fallen, failed, or "gone down" are the only ones who understand "up." *The Companion Journal* helps those who have (and those who have not) read *Falling Upward* to engage more deeply with the questions the book raises. Using a blend of quotes, questions for individual and group reflection, stories, and suggestions for spiritual practices, it provides a wise guide for deepening the spiritual journey. . . at any time of life.

- Explains why the second half of life can and should be full of spiritual richness
- Offers tools for spiritual growth and greater understanding of the ideas in *Falling Upward*
- Richard Rohr is a regular contributing writer for *Sojourners* and *Tikkun* magazines

This important companion to *Falling Upward* is an excellent tool for exploring the counterintuitive messages of how we grow spiritually.

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