

Spirituality and the Second Half of Life

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Angeles Arrien is a cultural anthropologist, award-winning author, educator, and consultant to many organizations and businesses. She lectures and conducts workshops worldwide, bridging cultural anthropology, psychology, and comparative religions. Her work is currently used in medical, academic, and corporate environments. Angeles is the President of the Foundation for Cross-Cultural Education and Research. Her books have been translated into nine languages, and she has received three honorary doctorate degrees in recognition of her work.

Dr. Arrien's research and teaching have focused on values and beliefs shared by humanity cross-culturally, and on the integration and application of multi-cultural wisdoms in contemporary settings. She teaches universal components of leadership skills, communication, health care, and education. Her work reveals how indigenous wisdoms are relevant in our families, professional lives, and our relationship with the Earth.

Dr. Arrien has taught in the University of California system at Berkeley, Los Angeles, Irvine, Davis, Santa Cruz, and San Francisco. She is an associate professor at two Bay Area graduate schools, the [California Institute of Integral Studies](#) and the [Institute of Transpersonal Psychology](#). She co-designed and implemented the Social and Cultural Anthropology Program at CIIS and received their Distinguished Teaching award. She is also core faculty with the End-of-Life Counselor Training (EOL) program sponsored by [Alaya Institute](#) connected with Zen Hospice.

She is the author of *The Four-Fold Way™: Walking the Paths of the Warrior, Teacher, Healer and Visionary*, published by HarperCollins, San Francisco and *Signs of Life: The Five Universal Shapes and How to Use Them*, winner of the 1993 Benjamin Franklin Award.