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WAKING UP

A Guide to Spirituality
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Everybody Is Wrong About God James A. Lindsay, Peter Boghossian, 2015-12-01 A call to action to address people s psychological and social motives for a belief in God rather than debate the existence of God With every argument for theism long since discredited the result is that atheism has become little more than the noises reasonable people make in the

presence of unjustified religious beliefs Thus engaging in interminable debate with religious believers about the existence of God has become exactly the wrong way for nonbelievers to try to deal with misguided and often dangerous belief in a higher power The key author James Lindsay argues is to stop that particular conversation He demonstrates that whenever people say they believe in God they are really telling us that they have certain psychological and social needs that they do not know how to meet Lindsay then provides more productive avenues of discussion and action Once nonbelievers understand this simple point and drop the very label of atheist will they be able to change the way we all think about talk about and act upon the troublesome notion called God Spirituality and Mental Health: Exploring the Meanings of the Term 'Spiritual' Marcelo Saad, Everton Maraldi, Elaine Drysdale, 2022-07-27 The Varieties of Spiritual Experience David B.

Yaden, Research Director at the Marcus Institute of Integrative Health Andrew Newberg, 2025-08-22 This book explores scientific breakthroughs on spiritual experiences from the fields of psychology and neuroscience beginning with an account of William James's foundational work before turning to cutting edge research using neuroimaging psychedelics and large surveys Illustrated with examples of spiritual experiences drawn from a diverse set of personal accounts this book provides the basis for a scientifically informed contemporary understanding of these mysterious and deeply meaningful moments

Religious Change and Continuity Across Generations Maria T. Brown, Christel Gärtner, Merril Silverstein, 2024-09-23 Religious Change and Continuity Across Generations Passing on Faith in Families of Six European and North American Nations brings together scholars of religious studies secularism and family science to examine how religion is passed down the generations in six European and North American nations Taking a social change perspective within the context of family socialization theory the authors treat intergenerational change and continuity in religion and spirituality as occurring under specific national and historical conditions As such they consider the social forces that variously reinforce or inhibit transmission of religiosity across successive generations within families The volume provides a nuanced view of the role that societal context plays in religious transitions and transformations Chapters consider the strong influence of the Roman Catholic church in Italy Communist suppression of religion in Hungary aversion to religious discussions in Finland the East West Catholic Protestant divide in Germany and rapid religious deculturation in Canada and the U S Further each chapter takes a mixed methods approach using quantitative survey data to describe the strength and pattern of intergenerational transmission and interview data to clarify family dynamics by which parents and offtimes grandparents influence the religious beliefs and practices of younger generations taking care to consider how the absence of religion is also conveyed to the next generation Rituals and Practices in World Religions David Bryce Yaden, Yukun Zhao, Kaiping Peng, Andrew B. Newberg, 2020-02-03 This book codifies describes and contextualizes group rituals and individual practices from world religious traditions At the interface of religious studies psychology and medicine it elucidates the cultural richness of practices and rituals from numerous world religions The book begins by discussing the role that religious rituals and

practices may play in the well being of humans and the multi dimensional cultural and psychological complexity of religious rituals and practices It then discusses rituals and practices within a number of religions including Christian Islamic Jewish Buddhist Taoist Sikh Hindu Confucian and other traditions There is a need for a more inclusive collection of religious rituals and practices as some practices are making headlines in contemporary society Mindfulness is one of the fastest growing psychological interventions in healthcare and Yoga is now practiced by tens of millions of people in the U S A These practices have been examined in thousands of academic publications spanning neuroscience psychology medicine sociology and religious studies While Mindfulness and Yoga have recently received widespread scientific and cultural attention many rituals and practices from world religious traditions have remained underexplored in scholarly scientific and clinical contexts This book brings more diverse rituals and practices into this academic discourse while providing a reference guide for clinicians and students of the topic **Spirituality and the Good Life** David McPherson, 2017-10-19 This book presents a broad philosophical study of the nature of spirituality and its relationship to human well being addressing an area of contemporary philosophy that has been largely underexplored David McPherson brings together a team of scholars to examine the importance of specific spiritual practices including prayer contemplation and ritual observance and spiritually informed virtues such as piety humility and existential gratitude for the good life This volume also considers and exemplifies how philosophy itself when undertaken as a humanistic rather than scientistic enterprise can be a spiritual exercise and part of a spiritual way of life Clarifying key concepts and engaging with major religious traditions such as Judaism Christianity Islam Buddhism and Confucianism this book will appeal to students and scholars from various disciplines including theology sociology and psychology as well as to philosophers ethicists and other readers who are interested in modern spiritual life

The Interplay of Psychology and Spirituality Alexandra M. Hepburn, 2025-07-30 Many counseling clients find comfort and meaning in their spiritual lives in the context of religious affiliation or the diverse viewpoints of the spiritual but not religious But counselors and psychotherapists often lack training for work in this territory and may be wary of opening the door The Interplay of Psychology and Spirituality is an exploration of the subtle fluid relationship between psychology and spirituality that offers valuable perspectives and suggestions for embracing spirituality and religion in the helping professions Drawing on Jungian transpersonal and integral perspectives Hepburn highlights personal and cultural styles spirituality as a therapeutic resource and the potential for psychospiritual growth She also emphasizes the importance of focusing on metaphors stories and direct experience rather than beliefs Thoughtful attention is given to potential psychospiritual problems ethical dilemmas and diagnostic challenges There are also frequent opportunities for personal reflection Unique features of the book include consideration of the potential relationship of spirituality to therapeutic themes such as attachment trauma subpersonalities and somatic experience as well as application of the concepts in the stories of nine fictional characters based on the Enneagram Thoughtful and thought provoking The Interplay of Psychology and Spirituality

is a valuable resource for helping professionals spiritual directors and for general readers with a particular interest in the The Humane Perspective John Cottingham, 2024-07-03 The book brings together fourteen essays from the work of subject John Cottingham on moral philosophy and the philosophy of religion spanning the past fifteen years. The papers are closely related in so far as they all deal with the perennial moral and spiritual challenges of human existence and the search for meaning and value in human life As well as being thematically linked they also share a common style and methodology illustrating the distinctive goal that has increasingly informed the author's work in recent years that of promoting a more humane conception of philosophizing While in no way discarding the technical tools of the professional philosopher such as abstract argumentation and analysis whose value and importance are unquestionable this approach is notable for drawing on the full range of resources available to the human mind including those that depend on literary artistic poetic imaginative aesthetic and emotional modes of awareness In contrast to the model of the philosopher as a kind of detached scrutineer the essays exemplify the belief that there is a distinctive and valuable kind of philosophical understanding that requires a more involved and engaged stance The philosophical questions dealt in the volume all fall broadly within the familiar domains of moral philosophy and the philosophy of religion but the reflections offered on these areas of human thought and practice always aim to be sensitive to how morality and religion actually operate in the lives of the human beings involved Varieties of Nonreligious Experience Jerome P Baggett, 2018-08-21 A fascinating exploration of the breadth of social emotional and spiritual experiences of atheists in America Self identified atheists make up roughly 5 percent of the American religious landscape comprising a larger population than Jehovah s Witnesses Orthodox Christians Muslims Buddhists and Hindus combined In spite of their relatively significant presence in society atheists are one of the most stigmatized groups in the United States frequently portrayed as immoral unhappy or even outright angry Yet we know very little about what their lives are actually like as they live among their largely religious and sometimes hostile fellow citizens In this book Jerome P Baggett listens to what atheists have to say about their own lives and viewpoints Drawing on questionnaires and interviews with more than five hundred American atheists scattered across the country The Varieties of Nonreligious Experience uncovers what they think about morality what gives meaning to their lives how they feel about religious people and what they think and know about religion itself Though the wider public routinely understands atheists in negative terms as people who do not believe in God Baggett pushes readers to view them in a different light Rather than simply rejecting God and religion atheists actually embrace something much more substantive lives marked by greater integrity open mindedness and progress Beyond just talking about or to American atheists the time is overdue to let them speak for themselves This book is a must read for anyone interested in joining the conversation Kaplan and Sadock's Comprehensive Textbook of Psychiatry Benjamin J. Sadock, Virginia A. Sadock, Pedro Ruiz, 2017-05-11 50th Anniversary Edition The cornerstone text in the field for 50 years Kaplan Sadock's Comprehensive Textbook of Psychiatry has consistently kept pace with the rapid growth of

research and knowledge in neural science as well as biological and psychological science This two volume Tenth Edition shares the expertise of over 600 renowned contributors who cover the full range of psychiatry and mental health including neural science genetics neuropsychiatry psychopharmacology and other key areas It remains the gold standard of reference for all those who work with the mentally ill including psychiatrists and other physicians psychologists psychiatric social workers psychiatric nurses and other mental health professionals

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