



# The Psychology of Spirituality: An Introduction

*Larry Culliford*

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## **The Psychology of Spirituality: An Introduction** Larry Culliford

Spirituality is increasingly accepted as integral to human psychology, vital for physical and mental health.

The Psychology of Spirituality is an accessible book that introduces the relationship between spirituality and psychology. The author sets out what spirituality is, the values it represents and how it can contribute to mental health and wellbeing. He then illustrates how knowledge of spirituality can provide a deeper understanding of people's problems and can help them develop resilience and aid recovery. With reference to a new holistic or "psycho-spiritual" paradigm, the book then covers stages of spiritual development: from having natural spiritual awareness in early childhood to the waning of interest in later childhood; largely conforming to group mentality in adolescence before discovering individuality; and then the final journey towards full personal and emotional maturity. Finally, the author outlines practical advice on how to explore and make use of spirituality, covering a range of spiritual skills and practices, including meditation and contemplation. Each chapter includes case examples and exercises to explore the ideas covered.

This book will be compelling reading for psychologists, psychiatrists, chaplains, healthcare professionals, students, and anyone wanting to understand better the role of spirituality and psychology in the lives of all.

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