



# Psychology, Religion, and Spirituality

*James M. Nelson*

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## **Psychology, Religion, and Spirituality** James M. Nelson

The past century has seen the relationship between psychology and religion progress from wary antagonists to strange bedfellows to complementary worldviews. *Psychology, Religion, and Spirituality* is designed as a text that reflects this history while illuminating the robust dialogue that continues to accompany it.

The elegant, accessible coverage ranges from early psychological critiques of religion and responses from major religious thinkers to positivist and constructivist philosophies; from Jung's archetypes to neurobiological research into the religious brain; from scientific constructs of prayer, meditation, and mindfulness to collaborative interventions for mental health. The book's distinctive teaching/learning presentation:

Discusses non-Western religious traditions in addition to Christianity.

Balances theoretical literature with empirical research on each topic.

Reviews contemporary research and debates in psychology and religion.

Examines developmental approaches to religious and spiritual growth.

Provides a variety of practical applications.

Includes review questions, exercises, and other student materials.

Encourages readers to develop their own ideas on this subject.

These are valuable perspectives for graduate or undergraduate courses in the psychology of religion, and a rich resource for graduate courses in psychology and counseling. In addition, *Psychology, Religion, and Spirituality* makes an inviting text for seminary courses in spiritual and pastoral counseling.

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