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Spiritual Psychology

By Akbar Husain

Global Vision Publishing House, New Delhi, India, 2005.

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Theoretical and empirical work in the area of spiritual psychology improves our understanding of the physical and spiritual world, or the behaviour and experience of humans. It also improves our ability to help people enhance their spiritual well-being. This book explains how the theoretical concepts make sense by showing how they relate to practice, training and research. The field of spiritual psychology touches some of the liveliest area of research, practice, treatment and training and the ways in which we tie ourselves up in knots by taking our thoughts and feelings too religiously. It attempts to treat clients through various modes of healing, developing spiritual personality, spiritual counselling and spiritual love and spiritual transformations. This book provides intriguing psychological insights and generates new ideas for research in other fields of applied psychology such as personality, counselling, industrial and organizational psychology. In my view, the book is an ambitious, scholarly and provocative. It will be helpful in going through complex psychological issues and to discover the pathway to the inner heaven. The focus of this book is practical. Printed Pages: 176.



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