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Spiritual Health Psychology: Profiling your Spiritual Self for Improved Health and Life Satisfaction (Everyday Psychology)

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SPIRITUAL HEALTH PSYCHOLOGY describes how increased levels of spirituality can lead to greater health and happiness. Written by a Ph.D.-level psychologist, this diary edition also includes the 170-item "Spiritual Health Questionnaire," a self-assessment instrument that allows individuals to measure their commitment to a spiritual lifestyle. SPIRITUAL HEALTH PSYCHOLOGY is especially relevant for people who live an overly materialistic and/or intellectual lifestyle while avoiding the development of their spiritual self. Readers will learn how to: (1) understand both the promise and the limitations of spiritual health psychology; (2) self assess their spirituality with the "Spiritual Health Questionnaire"; (3) profile their "spiritual selves" across 17 different spiritual factors; (4) develop a 12-month spiritual development program; and (5) assess if they are at risk for being a member of a dangerous cult. (Note: This Diary Edition includes the 170-item "Spiritual Health Questionnaire!)

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