DESCRIPTION

This text explores spirituality and its relationship to mental health. It emphasizes the need to look inward and listen to the messages which are channelled through our beings, rather than dismiss these experiences as some form of "disorder".

Part One considers spirituality as a reflection of the process of change. A brief overview of the contemporary history of spiritual inquiry in the field of mental health is provided.

Part Two considers spirituality as a reflection of the process of meaning making.

Part Three considers spirituality in terms of different forms of journey, including a consideration of the traditional concept of pilgrimage. Part Four considers the potential for healing that lies within even the most terrifying forms of madness. The book then concludes with a suggestion of the power of "waiting" and the rewards obtained by the careful, compassionate practice of life.

ABOUT THE AUTHOR

Phil Barker is the author of Spirituality and Mental Health: Breakthrough, published by Wiley.

Poppy Buchanan-Barker is the author of Spirituality and Mental Health: Breakthrough, published by Wiley.
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