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Newcomers to the psychology of religion and spirituality will find the chapters accessible, with a helpful overview of each area. This is an excellent text for graduate courses and an essential resource for researchers."--Steven J. Sandage, PhD, Albert and Jesse Danielsen Professor of Psychology and Theology at Boston University and the Danielsen Institute

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Spirituality can best be characterized by psychological growth, creativity, consciousness and emotional maturation.

The Psychology of Spirituality | Psychology Today South Africa

Steve Taylor is a senior lecturer in psychology at Leeds Beckett University and the author of several books on psychology and spirituality, including Waking From Sleep, Out of the Darkness and Back to Sanity. For the last four years he has been included in Mind, Body, Spirit magazine's list of the '100 most spiritually influential living people'.

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