



Psychology, Religion and Spirituality

David Fontana

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At a time when religious fundamentalism is having a huge impact upon the world, this book helps us to understand how people acquire, conceptualise and practise religion at both personal and social levels. At a time when religious fundamentalism is having a huge impact upon the world, this book helps us to understand how people acquire, conceptualise and practise religion at both personal and social levels.

- Explores religion both as a social phenomenon and as a form of inner experience.
- Explains why people believe what they do.
- Looks at the effects of religious and spiritual belief upon behaviour, and upon physical and psychological health.
- Outlines the various approaches to religious and spiritual experience.
- Surveys all relevant research.

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