

1. Record Nr.	UNINA9910304143403321
Autore	Miller-Perrin Cindy
Titolo	Faith from a Positive Psychology Perspective // by Cindy Miller-Perrin, Elizabeth Krumrei Mancuso
Pubbl/distr/stampa	Dordrecht : , : Springer Netherlands : , : Imprint : Springer, , 2015
ISBN	94-017-9436-7
Edizione	[1st ed. 2015.]
Descrizione fisica	1 online resource (261 p.)
Disciplina	150 150.1988 200 306
Soggetti	Positive psychology Religion Quality of life Positive Psychology Religious Studies, general Quality of Life Research
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Chapter 1. Religion, Spirituality, and Positive Psychology: History and Definitions -- Chapter 2. Faith and Positive Emotions -- Chapter 3. Faith and Emotions.- Chapter 4. Faith and Cognition -- Chapter 5. Faith and Relationships -- Chapter 6. Faith and Community -- Chapter 7. Final Reflections on Faith and Positive Human Functioning.
Sommario/riassunto	This book highlights religious faith from a positive psychology perspective, examining the relationship between religious faith and optimal psychological functioning. It takes a perspective of religious diversity that incorporates international and cross-cultural work. The empirical literature on the role of faith and cognition, faith and emotion, and faith and behaviour is addressed including how these topics relate to individuals' mental health, well-being, strength, and resilience. Information on how these faith concepts are relevant to the broader context of relational functioning in families, friendships, and communities is also incorporated. Psychologists have traditionally

focused on the treatment of mental illness from a perspective of repairing damaged habits, damaged drives, damaged childhoods, and damaged brains. In recent years, however, many psychological researchers and practitioners have attempted to re-focus the field away from the study of human weakness and damage toward the promotion of a positive psychology of well-being among individuals, families, and communities. One domain within the field of positive psychology is the study of religious faith as a human strength that has the potential to enhance individuals' optimal existence and well-being.
