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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Book cover; Half-Title; Title; Copyright; Dedication; Contents; Preface; Acknowledgments; 1 Introduction; 2 Heroic asceticism and self-injurious behavior; 3 Mysticism and altered states of consciousness; 4 Pain and laceration of the flesh; 5 Sleep deprivation; 6 Fasting and starvation; 7 Historical methods; 8 Pathways to holiness; 9 Radegund; 10 Beatrice of nazareth; 11 Beatrice of ornacieux; 12 Henry suso; 13 Mental illness, hysteria, and mysticism; 14 Conclusion; Appendix; Notes; Bibliography; Index;
Sommario/riassunto	Drawing on a database of over 1400 medieval holy persons and in-depth studies of individual saints, this collaboration between a medieval historian and a professor of psychiatry applies modern biological and psychological research to the lives of medieval mystics

and ascetics.
