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Altri autori (Persone)	SaxenaGaurav
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Nota di contenuto	Religion, Spirituality and Positive Psychology -- Understanding Hinduism from a Psychological Lens -- Positive Practices Within Hinduism -- Muslim Concepts of Mind and Soul in Contemporary India -- Positive Psychotherapeutic constructs and Trends in Islamic Psychology -- Buddhism and its Contribution to Positive Psychology -- Buddhist Practices Enhancing Positive Life: Mindfulness and Beyond -- Perspectives on Positive Psychology from Christianity -- Jainism: A Religion of Compassion and Non-violence -- Sikhism and its contribution to Well-being.
Sommario/riassunto	This book explores the positive psychological aspects of religion and spirituality in the Indian context. It discusses the concepts and practices of Hinduism, Islam, Buddhism, Christianity, Jainism, and Sikhism and their impact on overall well-being. As the global enthusiasm for Indian spirituality grows, this book brings together scholars to share their perspectives and reflections on various religious aspects. The chapters offer readers a psychological "capsule" of mental health, well-being, compassion, kindness, character strength, mind-body relationship, and mindfulness, providing practical strategies for a better quality of life. Furthermore, this book offers insights into the

different perspectives of happiness and well-being measured across diverse demographics. It also provides a qualitative conceptualization of happiness among older people, reflections on positive aging, and highlights the facilitators and inhibitors of happiness. With its comprehensive coverage and multidisciplinary approach, this book serves as a valuable reference for postgraduate and doctoral students of Psychology, as well as a treasure trove in the libraries for researchers and faculties associated with spiritual psychology, positive psychology, religious studies, comparative literature, mental health professionals, academicians, and anyone interested in allied health fields.
