

1. Record Nr.	UNINA9910784685903321
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Titolo	The mystic mind : the psychology of medieval mystics and ascetics // Jerome Kroll and Bernard Bachrach
Pubbl/distr/stampa	New York, : Routledge, 2005
ISBN	1-134-29768-8 1-280-46338-4 9786610463381 0-203-46294-7
Descrizione fisica	1 online resource
Altri autori (Persone)	Bachrach Bernard S. <1939->
Disciplina	248.22019 248.220902
Soggetti	Asceticism - Psychology Ascetics - Psychology Mysticism - Psychology Mystics - Psychology Church history - Middle Ages, 600-1500 Psychology, Religious
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	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.

