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Nota di contenuto	What are religions?- How religions became what they are -- The external and internal aspects of religions -- The light and dark sides of religion -- Conclusion: Globalization -- From the Flood to the Flood of Meaning.
Sommario/riassunto	This nonfiction book addresses the question of what relevance religiosity still holds today and where psychologists set up warning signs. Religions today have a Janus-faced character: On the one hand, they offer emotional support and assistance (not only) in crisis situations – on the other hand, suicide attacks are carried out in their name, and under their guise, sexual abuse of children has flourished (or continues to do so). Religions have lost their innocence worldwide.

But what exactly are religions? How did they arise? How have they changed over time? What are the positive aspects of religions – and what are the problematic ones? Where do they help, and where do they harm? What distinguishes them – and what do they have in common? Contents: Religions: World-explaining and meaning-making systems that almost always consider themselves the one true, eternal, and ultimate explanation system. – They structure diffuse, subjective inner truths and unstructured situations, attempting to make the incomprehensible comprehensible. – Basic trust, symbols, ritual actions. – What are spiritual enlightenment experiences? – The origin of all religions is fear, emptiness, meaninglessness, and death. – Religions are good guides in the dark of night – during the day, it's better to rely on your own eyes. About the author: Werner Gross, Dipl.-Psych., psychotherapist, supervisor, and coach. The translation was done with the help of artificial intelligence. A subsequent human revision was done primarily in terms of content. />This book is a translation of an original German edition. The translation was done with the help of artificial intelligence (machine translation by the service DeepL.com). A subsequent human revision was done primarily in terms of content, so that the book will read stylistically differently from a conventional translation.

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