

Contents

| | | |
|--|--|------------|
| 1 | Introduction: Positive Psychology of Religion Across Traditions and Beliefs..... | 1 |
| | Chu Kim-Prieto | |
| Part I Positive Psychology within the Context of Specific Religions | | |
| 2 | Virtues That Transcend: Positive Psychology in Jewish Texts and Tradition | 21 |
| | Eliezer Schnall, Mark Schiffman, and Aaron Cherniak | |
| 3 | The Contributions of Christian Perspectives and Practices to Positive Psychology | 47 |
| | Everett L. Worthington Jr., Caroline R. Lavelock, Daryl R. Van Tongeren, Charlotte van OyenWitvliet, Brandon J. Griffin, Chelsea L. Greer, David J. Jennings II, Yin Lin, Kayla Jordan, and Man Yee Ho | |
| 4 | Religiosity and Well-Being in a Muslim Context | 71 |
| | Ahmed M. Abdel-Khalek | |
| 5 | Fostering Meaning, Social Connection, and Well-Being Through Hindu Beliefs and Practices | 87 |
| | Maia J Young and Rakesh Sarin | |
| 6 | Buddhism and Positive Psychology | 101 |
| | Julia L. Cassaniti | |
| 7 | Sikhism and Positive Psychology | 125 |
| | Muninder K. Ahluwalia, Anna Flores Locke, and Steven Hylton | |
| 8 | American Indian Traditional Ways: Convergence and Divergence with Positive Psychology | 137 |
| | Leah Rouse | |

Part II Variations in the Paths to Positivity and Religiosity

| | |
|---|------------|
| 9 Religiosity and Subjective Well-Being: An International Perspective | 163 |
| Louis Tay, Miao Li, David Myers, and Ed Diener | |
| 10 Religious/Spiritual Meaning Systems: Multiple Pathways to Well-Being | 177 |
| Crystal L. Park and Amy Hale | |
| 11 Mindfulness, Consciousness, Spirituality, and Well-Being | 203 |
| Emily L.B. Lykins | |
| 12 Mind-Body Practices and the Neuro-psychology of Wellbeing..... | 227 |
| Patricia L. Gerbarg, Liselotte Gootjes, and Richard P. Brown | |
| 13 Religion, Emotion Regulation, and Well-Being..... | 247 |
| Allon Vishkin, Yochanan Bigman, and Maya Tamir | |
| 14 Humility and Religion: Benefits, Difficulties, and a Model of Religious Tolerance | 271 |
| Elissa Woodruff, Daryl R. Van Tongeren, Stacey McElroy, Don E. Davis, and Joshua N. Hook | |
| 15 Gratitude and Spirituality: A Review of Theory and Research | 287 |
| Derrick Wirtz, Cameron L. Gordon, and Juliann Stalls | |
| 16 Religion and Forgiveness of Others..... | 303 |
| Mark S. Rye and Cara F. McCabe | |
| 17 Religious Ecstasy and Other Intense Emotions..... | 319 |
| Ralph W. Hood Jr. | |
| 18 Spiritual Resilience and Struggle Following the Experience of a Stroke..... | 337 |
| Margaret Feuille Bockrath, Kenneth I. Pargament, and Sharon K. Ostwald | |
| 19 Religiosity and Immigrant Family Narratives in Korean American Young Adults | 355 |
| Sumie Okazaki and Nancy Abelmann | |

Religion and Spirituality Across Cultures

Kim-Prieto, C. (Ed.)

2014, VI, 369 p. 4 illus., Hardcover

ISBN: 978-94-017-8949-3