



Spirituality and Positive Psychology

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Deadline for manuscript
submissions:

closed (31 December 2023)

Message from the Guest Editor

The focus of this issue is on providing a holistic view of the relationship between spirituality and positive psychology constructs in theory and practice. Given that well-being is not only the absence of mental illness but also the presence of positive psychological resources, the purpose of the present issue is to enrich scholarly understanding of the multitude of dimensions and perspectives related to human wellness, growth and potential.

Topics of shared interest may include hope, forgiveness, gratitude, humility, resilience, compassion, awe, elevation, meaning and self-transcendence, offering a richer and more integrative view of human experience.

This issue will explore potential meeting points between spirituality, broadly defined, and positive psychology. The different orientations, backgrounds and propositions of the science of positive psychology and spirituality provide a fertile ground for a potential dialogue, based on each unique contribution to the understanding of the core essences of life worth living.





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