



# Spirituality: What It Is and Why It Matters

*Roger S. Gottlieb*

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## **Spirituality: What It Is and Why It Matters** Roger S. Gottlieb

Roger S. Gottlieb provides a lucid and accessible overview of what spirituality is, enabling a clear-eyed understanding of the concept, its manifold connections to other aspects of personal and social life, its role as a positive psychological and social phenomenon, and some of the risks that attend it.

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