



## **Spirit, Science, and Health: How the Spiritual Mind Fuels Physical Wellness**

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# Spirit, Science, and Health: How the Spiritual Mind Fuels Physical Wellness

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From meditation to reciting mantras or praying, spirituality is more and more often being recognized for its beneficial effects on health. In this volume, a team of experts from across disciplines including psychology, medicine, nursing, public health, and pastoral care offer reader-friendly chapters showing the state of the art in understanding this connection. Chapters include attention to special populations such as youth, HIV/AIDS patients, cancer patients, and those in hospice care. Contributors, all members of the Spirituality and Health Institute at Santa Clara University, aim to use the scientific understanding of the spirituality/health connection to promote better health for the general public.

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