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Simply Sane: The Spirituality of Mental Health / Edition 1 ...

Title: Simply Sane: The Spirituality of Mental Health By: Gerald May Format: Paperback Number of Pages: 180 Vendor: Crossroad Publication Date: 1993: Dimensions: 8.20 X 5.30 X 0.60 (inches) Weight: 10 ounces ISBN: 0824513665 ISBN-13: 9780824513665 Stock No: WW513665

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“SIMPLY SANE” The Spirituality of Mental Health by Gerald May, MD. Taught by Rev. Joanne. Thursdays from 1-3 pm May 1 – May 22, 2014 . A profound resource for psychology, spiritual direction, and pastoral integration. Renowned author May discusses the role of self-compassion and self-care in mental health.

“Simply Sane” By Gerald May, MD - A Spiritual Community

He is the author of many books including Simply Sane and The Awakened Heart: Living Beyond Addiction. In this helpful resource, May gives an anatomy of the dark night of the soul and opens up some of its rich meanings through his assessments of the Christian mysticism of Teresa of Avila and John of the Cross in sixteenth century Spain.

The Dark Night of the Soul by

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Gerald G. May - Spirituality

A recent British study looked at the relationship between spirituality and mental health using a more traditional understanding of the term to avoid this problem of tautology (King et al., 2013).

Troubled Souls: Spirituality as a Mental Health Hazard ...

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The yoga processes are simply ways to elevate oneself to enter into that abode. Actually we belong to that abode, but being forgetful, we are put in this material world. Just as a madman becomes crazy and is put into a lunatic asylum, so we, losing sight of our spiritual identity, become crazy and are put into this material world.

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