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## Hinduism and Mental Health: Beliefs, Research and Applications (Paperback)

By Harold G Koenig M D

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book is for mental health professionals, clergy, researchers, and laypersons interested in the relationship between religion, spirituality and mental health in Hindus. A description of Hindu scriptures, beliefs and practices is followed by a systematic review of research conducted in Hindu populations, and then by recommendations for practice based on research, clinical experience, and common sense. The author is a physician researcher who has spent over 30 years investigating the relationship between religion and health, and directs Duke University's Center for Spirituality, Theology and Health. He is also a clinician who for decades has treated clients with a wide range of physical and emotional disorders using a faith-based approach. In this volume, which is well-documented and extensively cited, Dr. Koenig bring together over 50 years of research that has examined how religious faith impacts the mental health of Hindus, and includes original research on current religious practices in Hindus and their relationship with well-being that has not been reported elsewhere. He concludes by explaining what these findings mean for those who are seeking to provide hope, meaning,...


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### Reviews

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