Am I responsible for my way of being? Is it possible to get out of depression? How can one defeat anxiety? What is the best way to overcome drug or internet addiction? How can the family of a person with mental disorders help? When should one see a doctor, a psychologist, or a priest? Is sexuality an invention, a game, or a taboo? This book provides answers to these and other undeniably relevant questions.

The author highlights the value of Christian life for serenity and balance, providing practical suggestions that help understand, address and prevent psychological problems, while recognizing the difference between psychological and spiritual difficulties. He clarifies the meaning of the symptoms, and guides the reader toward the most appropriate choices. A mature personality is presented as a challenge and attractive possibility; and the unconscious is not considered to be an impenetrable room.

This volume represents a novelty, and may be useful to educators, priests, spiritual directors, those entrusted with the formation of seminarians, and health professionals, as well as to students of theology, psychology, medicine, and other disciplines. It is also a valuable resource for parents and for all those who want to have a deeper understanding of these topics. In addition to being a scientific manual, this book is a user-friendly guide to understanding mental and spiritual health and a way for finding one’s own balance.

A glossary of terms and detailed indexes facilitate comprehension for non-specialists and quick consultations. Examples of personality tests and a model for self-examination is also provided. The author offers concrete strategies for dealing with various difficulties and illnesses. The medical criteria are in accordance with DSM-5 (Diagnostic and Statistical Manual of Mental Disorders).

PSYCHOLOGY AND CHRISTIAN life presents a practical approach to experiencing life as a joyful adventure. The Spirit fills and pushes the sails of our free soul. The Christians are never alone in their mission. «Those who have nothing can share nothing. Those who are going nowhere can have no fellow-travelers» (C.S. Lewis).

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