



Coming to God: A Psychospiritual Approach

William F. Kraft

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Most academic and therapeutic programs do not include spirituality and God as essential components of health and treatment. Dr. William Kraft gives God a principal place in the house of psychology. He shows how and why God experiences are paramount in helping us live a healthy and happy life. He describes and analyzes what are healthy and unhealthy experiences of God and how activities, including religion, can help and hinder our coming to God. In short, this book is about how and why we come or do not come to God, and what difference it makes.

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