



Simply Sane: The Spirituality of Mental Health

Gerald May MD

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Simply Sane: The Spirituality of Mental Health Gerald May MD

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. In this new edition, he also adds material on the intersection of psychology and spirituality, with expanded discussions of trust, solitude, and prayer.

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