

Interest in spirituality and wellbeing is rising. However, research in that area is still lacking, in particular from a non-medical perspective. This book shows how the relationship between wellbeing and spirituality is studied by a range of disciplines including religious studies, theology, anthropology, psychology and history. The introduction discusses the term 'wellbeing' and introduces the debate on spirituality and wellbeing. The editors give a broad definition of spirituality and show the multifaceted nature of wellbeing and how it is linked to spirituality. Each chapter then reflects on the topic in its unique way which shows the interdisciplinary nature of the subject.

The authors represent a rich breadth of disciplines and bring in a range of perspectives. The chapters also link the debate to various religious traditions including Christianity, Buddhism, Islam, Afro-Brazilian religion and even paranormal experiences that will further the reflection on the link between spirituality and wellbeing.

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