



# Care of Mind-Care of Spirit: Psychiatric Dimensions of Spiritual Direction

By Gerald G. May

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## Care of Mind-Care of Spirit: Psychiatric Dimensions of Spiritual Direction

By Gerald G. May

Although secular psychology addressed a great deal about how we come to be the way we are and how we might live more efficiently, it can offer nothing in terms of why we exist or how we should use our lives," writes Gerald May in this classic discussion of the nature of contemporary spiritual guidance and its relationship to counseling and psychiatry. For millions turning for answers to the world of the spirit, May shows how psychiatry and spiritual direction are alike, how they complement one another, and how they ultimately diverge.

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### **Bibliography**

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