



Health of the Human Spirit: Spiritual Dimensions for Personal Health

Brian Luke Seaward

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Health of the Human Spirit is a dynamic synthesis of ageless wisdom on the topic of human spirituality, the cornerstone of the wellness paradigm. Beginning by addressing the need to acknowledge spiritual well-being as a construct of health and well-being, the book then revisits the wellness paradigm of mind-body-spirit-emotions and continues to explore the roadblocks and distractions on the spiritual path providing behavioral suggestions to enhance the health of the human spirit. Seaward maintains his reputation for presenting material in an approachable, user-friendly manner that engages the reader and carefully distinguishes between spirituality and religion. For anyone interested in spiritual health.

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