



WomanSoul: The Inner Life of Women's Spirituality (Women's Psychology)

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As a path of meaning seeking, healing, and transformation, spirituality is becoming more prominent in our society. Historically, women have been the custodians of their families' spiritual domain. This book advances the concept of Woman Soul, a gender-specific way of embracing spirituality. *WomanSoul* discusses the personal and professional impact of spirituality in the lives of women from a variety of ethnic, religious, and cultural backgrounds. It examines the psychological, multicultural, and personal expressions of female spirituality. More specifically, the essays collected here look at the impact of women's spirituality on identity, healing, and transformation across the lifecourse. *WomanSoul* focuses on how females express spirituality from their diverse backgrounds and situated realities. It cuts across ethnic identities, culture, and a multitude of spiritual experiences, such as Muslim, Jewish, Christian, Hindu, Buddhist, Sufi, Goddess, Native American, and Agnosticism.

As women tend to experience sacredness in a gender-specific manner, they frequently place more emphasis on spirituality than on religiousness. Seen as a freeing force by most women, spirituality is most often perceived to be more gender-fair, culturally liberating, and less restrictive than many religious denominations. Both informative and inspirational, *WomanSoul* is written by psychologists who understand the implications of spirituality on the lives of women and the people around them.

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