

Contents

Preface xv

List of illustrations xvii

Introduction 1

- 1 What is spirituality? 4
- 2 Types and traditions 24
- 3 Spirituality and experience 42
- 4 Spirituality as a way of life 60
- 5 Spirituality in society 78
- 6 Spirituality and religion 97
- 7 Conclusion: leading a spiritual life 114

Further reading 123

Index 129