

Spirituality, Health and Healing

Fr. Richard Woods, O.P., Ph.D.

15 Lectures (6 CDs) Including Electronic Study Guide

What if 10 minutes of your day could add 10 years to your life?

While this is far from a proven rule, studies have shown that spending just ten minutes in prayer everyday can significantly affect your health.

Join leading spirituality expert, Fr. Richard Woods, in exploring the timeless connections between health, faith and spirituality.

Developments in medicine, neuroscience and psychophysiology support a new understanding of the relationship between faith and health. A strong spiritual life benefits your overall health, longevity, and resistance to disease, supports greater happiness including stress reduction, and lessens the incidence of depression and other mental and emotional disorders.

These 15 lectures explore wellness from its biblically-based origins, through medieval monasticism and medical education, the divorce of science and religion in the Enlightenment, to the recovery of holistic medicine in the 20th century. You will next examine topics of current interest in the area of health and spirituality, including diet and nutrition, the place of sleep and dreaming, clothing, grooming, and exercise, mental health issues, pain, suffering, and healing, death and dying, the role of prayer in health and healing, and issues regarding miraculous healing.

Fr. Richard Woods, O.P., brings you the very latest research and sound theology in this pivotal new course.