

Spirituality, Psychology and Virtue: A Catholic's Guide to a Flourishing Life

by Fr. John J. Cecero, S.J., Ph.D.

15 Lectures (6 CDs) Including Electronic Study Guide

Explore the role of Christian spirituality in living a virtuous - and therefore flourishing - life. Your guide, pioneering psychologist, professor and Jesuit priest John J. Cecero, applies concepts from his book, [Praying Through Lifetraps: A Psycho-Spiritual Path to Freedom](#) to explain how lifetraps, core fears and experiences, prevent us from flourishing. With fresh insight, he will explore depression, anxiety and isolation, as well as various forms of impulsivity and addictions to processes (e.g. work, gambling, shopping, sex, etc.) and substances (e.g., food, alcohol, drugs, etc.).

These talks illustrate how Christian spiritual tools can powerfully supplement psychology to help flourish. You will gain specific guidelines and spiritual practices to cultivate gratitude, temperance, humility and forgiveness, among other key virtues, in the service of flourishing.

The series concludes with specific recommendations for cultivating and sustaining a spiritual path. The final talk addresses an issue of paramount importance in today's world, namely the call to exercise forgiveness.

Topic Titles

- From Healing to Wholeness Practicing a Spirituality of Flourishing
- The Lifetraps of Abandonment
- The Lifetraps of Dependence
- The Lifetraps of Unrelenting Standards
- Depressed or Just Feeling Blue?
- Spirituality and Anxiety Disorders: Panic Disorder, OCD, General Anxiety Disorder
- Using Spiritual Strategies
- Beyond Isolation and Fearfulness
- Spirituality for Impulsive Personalities
- Practicing a Spirituality of Confidence
- Confronting Workaholism
- Prayer as Instrument of Light and Life
- Effectively Using Spiritual Direction
- Guidelines for Spiritual Reading
- Sabbath Time
- Practicing Forgiveness