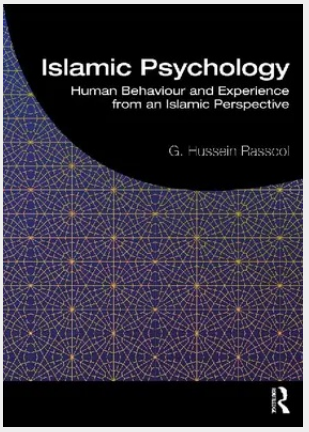
Rassool

Islamic Psychology

Human Behaviour and Experience from an Islamic Perspective



Islamic Psychology or ilm an-nafs (science of the soul) is an important introductory textbook drawing on the latest evidence in the sub-disciplines of psychology to provide a balanced and comprehensive view of human nature, behaviour and experience. Its foundation to develop theories about human nature is based upon the writings of the Qur'an, Sunna, Muslim scholars and contemporary research findings. Synthesising contemporary empirical psychology and Islamic psychology, this book is holistic in both nature and process and includes the physical, psychological, social and spiritual dimensions of human behaviour and experience. Through a broad and comprehensive scope, the book addresses three main areas: Context, perspectives and the clinical applications of applied psychology from an Islamic approach. This book is a core text on Islamic psychology for undergraduate and postgraduate students and those undertaking continuing professional development in Islamic psychology, psychotherapy and counselling. Beyond this, it is also a good supporting resource for teachers and lecturers in this field.

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77,10 €
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Lieferfrist: bis zu 10 Tage

Artikelnummer: 9780367375157
Medium: Buch
ISBN: 978-0-367-37515-7
Verlag: Routledge
Erscheinungstermin: 31.03.2021
Sprache(n): Englisch
Auflage: 1. Auflage 2021
Produktform: Kartoniert
Gewicht: 1122 g
Seiten: 638
Format (B x H): 174 x 246 mm

Kundenservice Verlag Dr. Otto Schmidt KG
Neumannstraße 10, 40235 Düsseldorf | kundenservice@otto-schmidt.de | 0221-93738-997 (Inland)