

Peace Psychology Book Series

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Personal Peacefulness

Psychological Perspectives

Personal Peacefulness Psychological Perspectives Peace Psychology Book Series

KJ Lindholm-Leary



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Personal Peacefulness Gregory K. Sims, Linden L. Nelson, Mindy R. Puopolo, 2013-11-08 Personal Peacefulness examines the existing theories and knowledge about the peacefulness of individuals including inner peace interpersonal peacefulness and peaceful attitudes towards groups and nations It uses the term personal peacefulness to refer to the peaceful states attitudes and behaviors of individuals and it discusses the phenomena and determinants of personal peacefulness in the intrapersonal interpersonal and intergroup domains Also addressed is the relationship between personal peacefulness and well being describing various methods for enhancing the peacefulness of individuals Within the framework of a scholarly and scientific approach to the study of personal peacefulness various psychological perspectives are represented personality social clinical and positive psychology perspectives peacefulness as nonviolence attachment theory and the development of affect regulation a human needs theory approach Buddhist conceptions of compassion and mindfulness a natural science perspective describing physiological foundations for personal peacefulness phenomenological perspectives and peacefulness as the promotion of conflict resolution The book is an important resource for scholars researchers and educators in psychology political science and in a variety of other areas who study and teach topics such as empathy prosocial behavior personality psychological well being mental health personal development peace and conflict and conflict resolution

The Psychology of Peace Promotion Mary Gloria C. Njoku, Leonard A. Jason, R. Burke Johnson, 2019-07-04 This volume Psychology of Peace Promotion builds on previous volumes of peace psychology extending its contributions by drawing from peace research and practices from five continents Africa Asia Europe North America and South America The book discusses emerging disciplinary and inter disciplinary theories and actions Each chapter begins with a theoretical framework for understanding peace followed by a critical review of peace promotion in a specific setting and concludes with an illustration of psychological principles or theories in either a narrative format or an empirical investigation This volume develops as well as guides its readers on the epistemology of promoting and sustaining peace in varied settings around the world This book presents relevant cutting edge peace promotion strategies to anyone interested in promoting peace more effectively including peace practitioners scholars teachers and researchers as well as the general reader It presents a number of innovative approaches illustrating their applications to specific social problems settings and populations In addition this volume has much in store for both academic and practice based scientists in the field of peace psychology mental health professionals administrators educators and graduate students from various disciplines The goal is the promotion and sustenance of peace using theoretically sound yet innovative and creative approaches As expressed by the United Nations Secretary peace does not occur by happenstance Promoting and sustaining peace requires reflective thoughtful and targeted efforts This book inspires its readers to develop a better understanding of peace and the means of promoting peace in a sustainable way

The Psychology of the Fruit of the Spirit Zoltán Dörnyei, 2022-11-01 For centuries

the fruit of the Spirit has rightfully served as a wellspring of reflection on the virtues that epitomize the Christian life and character building. However, the notion of the fruit of the Spirit is not limited solely to forming the biblical foundation of ethical living. Psychologist and theologian Zoltan D. Rnyi argues that if we understand the nine attributes collectively as a concise portrayal of the ideal Christian self, this approach places the notion of the fruit of the Spirit at the intersection of several important theological themes such as being conformed to the divine image, the gradual advancement of the kingdom of God, and new creation. In *The Psychology of the Fruit of the Spirit*, D. Rnyi offers a scholarly exposition of the relevant theological content associated with the fruit of the Spirit. Complementing his theological reflections with findings from the field of psychology, he brings expertise in both psychology and theology to bear on this important biblical concept. His integrated perspective helps to uncover the full meaning and theological potential of the fruit of the Spirit by helping to clarify the nature of its nine facets, defining broader psychological dimensions that underlie the fruit, and offering practical lessons for cultivating it in the Christian life.

The Interplay of Stress, Health, and Well-Being: Unraveling the Psychological and Physiological Processes Adelinda Araujo Candeias, Mariola Bidzan, Konrad Reschke, Edgar Galindo, Marcus Stueck, 2024-09-04 This Research Topic explores the intricate relationship between stress, health, and well-being, with a focus on the underlying psychological and physiological processes involved. The aim is to shed light on the complex interplay between these factors and provide insights into potential interventions and strategies for promoting optimal mental and physical well-being. It encompasses both theoretical perspectives and empirical research, emphasizing the need for interdisciplinary collaboration and a comprehensive understanding of stress, health, and well-being.

The Impact of Chronic Stress on Physical Health: Examining the Physiological Processes through which chronic stress contributes to physical health problems such as cardiovascular diseases, immune dysregulation, and metabolic disorders. Investigating the role of stress-related behaviors, e.g., poor sleep, unhealthy eating habits, sedentary lifestyle, in mediating the relationship between stress and physical health outcomes. Discussing potential interventions and preventive measures to mitigate the adverse effects of chronic stress on physical well-being.

Digital Culture in the Platform Era Shane Tilton, 2025-09-26 This book uses the roles of celebrities in society to frame discussions about digital culture in the platform era and helps us see how we have evolved online in our communication and cultural creations. Focusing on the modern types of Internet celebrities— influencers, opinion leaders, nanocelebrities, and platform superstars— allows us to discuss their online practices and how their work has significantly changed the ways we define our communities within increasingly fragmented digital audiences and platform users. Through an exploration of the impact of social media and online communication, the book highlights how we are impacted by those who dominate these platforms. It identifies three essential components of digital celebrity culture: personality, reach, and content, while also providing an in-depth analysis of the psychological profiles of four types of celebrities and their connection to audiences. Internet celebrities can show us how to make our relationships more

meaningful online by focusing on those communication practices that we learned in public speaking with a focus on informing persuading and inspiring This understanding of purposeful content empowers the average Internet user to build authentic connections in an interconnected digital landscape Celebrities are finally models of good practices when it comes to how they reach their audience Their direct messaging tends to mimic the personal conversations that they have with friends group chats are likely part of the celebrity s inter circle public postings on social media become their announcements to the general public and streaming replicates the standards of traditional media broadcasts Examining these dynamics of personalities content and reach gives us valuable insights into how we can effectively navigate digital interactions and ensure that we can craft online works that resonate with the people that we care about This book gives us the model to use practical communication techniques to be more meaningful online

Methodologies in Peace Psychology Diane Bretherton, Siew Fang Law, 2015-09-03 This volume looks at research methods through the lens of peace studies and peace values Apart from reviewing established methods from peace psychology it presents some innovative ideas for conducting research in the area of peace psychology Many of these methods are drawn from the field from activities used by active peace practitioners A critical component of this volume is its core argument that peace research should be conducted by peaceful means and should model peaceful processes Organized thematically the volume begins with a review of the established best practices in peace psychology research methodology including methods for qualitative research for quantitative research and participative action networks In doing so it also points to some of the limitations of working for peace within the tradition of a single discipline and to the need to expand psychology methodology to methodologies Therefore the second half of the volume proceeds to explore the realm of innovative relatively unorthodox research methods such as participatory and workshop methods the creative arts and sports for research purposes The use of new advances in information technology to conduct peaceful research are also discussed The concluding chapters synthesize key issues from the previous chapters and links peace psychology with ideas and implementation of research designs and practices Finally it discusses the nature of academic knowledge and more specifically academic knowledge in peace psychology and where that fits into the mission to build a more peaceful world Overall this book aims to provide peace psychologists with an array of possibilities and best practices for approaching their research Many researchers find the experience of doing research a somewhat lonely if not isolating experience Methodologies in Peace Psychology Peace Research by Peaceful Means aims to alleviate this feeling as the use of these more innovative methods leads to a closer engagement with the community and a much more social experience of research This volume is a useful tool for both new and experienced researchers because it provides leads for idealistic young researchers who want their work to make a difference in addition to encouraging more reflection and analysis for experienced peace psychologists

The Psychologist ,2003 The Psychology of Peace Rachel MacNair, 2011

Peace Psychology and Character Strengths Ryan M. Niemiec, 2024-10-08 In this volume the sciences of peace psychology

and character strengths integrate in a substantive way to examine how the positive parts of our personality can contribute and impact each level of peace inner relational group community international and ecological peace Readers will discover a wide range of insights models and scholarship new studies conducted for this volume and practical strategies to bring greater peace to oneself one's relationships and the world *Subject Guide to Books in Print*, 1997 **Subject Guide to Children's Books in Print 1997** Bowker Editorial Staff, R R Bowker Publishing, 1996-09 [Bowker's Complete Video Directory, 1998](#), 1998 *Peace Psychology Book Series*, 2015 **The Psychology of Inner Peace** Sayyed Mohsen Fatemi, 2021-06-24 This book sheds new light on the psychology of peace and demonstrates the role of heartfulness in implementing genuine peace **Peace Ethology** Peter Verbeek, Benjamin A. Peters, 2018-05-08 A scholarly collection of timely essays on the behavioral science of peace With contributions from experts representing a wide variety of scholarly fields behavioral and social sciences philosophy environmental science anthropology and economics Peace Ethology offers original essays on the most recent research and findings on the topic of the behavioral science of peace This much needed volume includes writings that examine four main areas of study the proximate causation of peace the developmental aspects of peace the function and systems of peace and the evolution of peace The popular belief persists that by nature humans are not pre disposed to peace However archeological and paleontological evidence reveals that the vast majority of our time as a species has been spent in small hunter gatherer bands that are basically peaceful and egalitarian in nature The text also reveals that most of the earth's people are living in more peaceful societies than in centuries past This hopeful compendium of essays Contains writings from noted experts from a variety of academic studies Offers a social psychological perspective on the causation of peaceful behavior Includes information on children's peacekeeping and peacemaking Presents ideas for overcoming social tension between police and civilians Provides the most recent thinking on the behavioral science of peace Written for students and academics of the behavioral and social sciences Peace Ethology offers scholarly essays on the development nature and current state of peace *Psychology of Peace* Emir L. Kovacevic, 2012 This book explores the psychological perspectives on peace The authors present topical research including the role of forgiveness in the peacemaking and peace building processes the psychological consequences of war traumatised adolescents during peacetime in post war Bosnia and Herzegovina the use of indigenous peace instruments and processes in the resolution of a religious cultural conflict mindfulness as a fundamental key in the process of peace and peace education and multicultural understanding **Discovering Inner Peace** Christina Samycia, 2009-09 Discovering Inner Peace is a psychological philosophical and spiritual approach to self enlightenment Imagine feeling free free from all those things that create your suffering your thoughts your feelings external stressors and so many other things Imagine living a life where you are in control creating the life that you want not bound by fear sadness or guilt Imagine feeling strong and powerful that no matter what may come your way you can conquer it Imagine trusting that the universe will lead you where you need to go Imagine

believing that you already have everything you ever needed This is inner peace This book will be your guide in your journey of discovering inner peace You will discover that life is not merely the pursuit of happiness but the discovery of inner peace And we search for inner peace precisely because each of us suffers You will learn how to heal from your past and how to apply philosophical and spiritual wisdom into your daily life to help you live more consciously Transform your life today

Peace and Conflict American Psychological Association,1998 **The Promise of Wholeness** Eric Ehrke,2019-02-08

Henosis is the Greek word for oneness unity Since time immemorial this universal concept has been championed within traditional wisdom ancient philosophy and theology The psychoanalyst Carl Jung referred our shared human experience with the phrase collective unconscious while physicists use the term quantum entanglement to describe how every particle is inherently connected to the whole The missing links between the wisdom of ancient philosophy and the startling insights within modern psychology to transform suffering transcend circumstances and increase our capacity for love are explored in The Promise of Wholeness Most philosophical studies of ancient wisdom lack practical applications and many popular psychology books simply skim the surface of the human experience Licensed clinical social worker and psychotherapist Eric Ehrke offers a new foundation for profound living based on classical teachings and enriched by modern scientific psychological breakthroughs The principles and values it takes to be happy and whole endure but gentle makeovers are needed to modernize the message Clinical examples from Eric Ehrke s forty years of psychotherapy practice and personal stories from courageous individuals are included throughout the book Emphasizing innovative teachings and new critical exercises for infantile childish and adolescent stress responses Ehrke offers powerful meditations and invaluable tools for bringing these concepts and strategies into everyday life Here eternal wisdom sound psychological principles and practical solutions come together in this handbook of consciousness a truly helpful guide for anyone seeking lasting peace and well being

PEACE PSYCHOLOGY Akif Manaf, The purpose of this book is to clarify the phenomenon of peace by starting from the question What is Peace The study and research carried out in the book include dialectical analytical psychological and phenomenological factors Peace which is a universal phenomenon will be discussed and examined in detail Peace is a psychological state Peace is the absence of hostility conflicts fights and wars Peace is living in unity harmony silence serenity and integrity The phenomenon of peace is an expression of both social and individual conditions It emphasizes the absence of external conflicts at the social level and the absence of internal conflicts at the individual level Peace reveals the emotional state of a person who is at peace with oneself This type of person is in a state of calmness balance harmony and serenity Peace has always been needed since the existence of humanity Throughout history the most intelligent people have strived for peace This is because peace is an indispensable phenomenon for the prosperity and development of humanity It is the foundation for equality and happiness in society

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