



The Ecology of Spirituality: Meanings, Virtues, and Practices in a Post-Religious Age

Lucy Bregman

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In *The Ecology of Spirituality*, Lucy Bregman surveys the many and varied religious, psychological, and sociological definitions of spirituality on offer. Spirituality has been made and remade many times over in the hope of fitting it to some new cultural need. Bregman argues that a better understanding of spirituality is instead rooted in specific professions and practices, and she demonstrates that it is not an irrevocably ambiguous pop cultural phenomenon, but is embodied in historic virtues and practices of a craft.

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