In the timely Hope in the Age of Anxiety, Anthony Scioli and Henry Biller  
iluminate the nature of hope and offer a multitude of techniques designed  
to improve the lives of individuals, and bring more light into the world.  

In this fascinating and humane book, Scioli and Biller reveal the ways in which  
human beings acquire and make use of hope. Hope in the Age of Anxiety  
is meant to be a definitive guide. The evolutionary, biological, and cultural roots of hope are  
covered along with the seven kinds of hope found in the world’s religions. Just as  
vital, the book provides many personal tools for addressing the major challenges  
of the human condition: fear, loss, illness, and death.  

Features:  
* The book presents an approach to hope that incorporates mind, body, and  
spirit, grounded in modern science as well as ancient wisdom. Unlike most  
contemporary approaches to hope, this volume also takes into account its cultural  
and spiritual dimensions, integrating scholarship from across the disciplines with  
case studies and practical guidelines for self-help.  

Hope in the Age of Anxiety identifies the skills needed to cultivate hope, and  
offers suggestions for using these capacities to realize your life goals, support  
health and healing, strengthen relationships, enhance spirituality, and inoculate  
yourself against the despair that engulfs many individuals.