In the timely *Hope in the Age of Anxiety*, Anthony Scioli and Henry Biller illuminate 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.