



Spirituality, Intimacy, and Sexuality

John Galindo, Owen F. Cummings

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Spirituality, Intimacy, and Sexuality addresses a long-standing estrangement between spirituality and sexuality. There are books on spirituality and books on sexuality, but these subjects are seldom treated together in a manner that is practical and hopeful. The lack of integration of spirituality and sexuality is a common source of confusion and frustration for many. There are also persons of faith who violate their own core values as a consequence of the lack of a healthy relationship between their spirituality and sexuality. The authors propose that an important part of being an adult graced by God is to be found in the practice of Intimacy (deep friendship) between our spirituality and sexuality. They offer several constituent elements of that intimacy and apply them practically in the context of marriage, celibate vocation, and being single. And they demonstrate, clearly and engagingly, that spirituality and sexuality are God-given, good, and meant to coexist and animate our relationship with God, others and ourselves.

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