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Spiritual Connection in Daily Life: Sixteen Little Questions That Can Make a Big Difference

By Lynn Underwood

Templeton Foundation Press, U.S., United States, 2013.

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deep peace and satisfaction in your day-to-day life? How often

does connection with other people, the divine, or nature make

you feel more alive? How often are you touched by a sense of

awe-inspiring beauty, compassionate love, or pure joy? For

many of us, these kinds of experiences tend to be fleeting and

all too rare. Fortunately, new research is suggesting that a

regular practice of paying attention to experiences like these

can help any of us find them more often and cultivate richer,

deeper, and more satisfying lives. In *Spiritual Connection in*

Daily Life, Lynn Underwood introduces her Daily Spiritual

Experience Scale (DSES), which is comprised of sixteen simple,

multiple-choice questions that invite us to become more

attuned to these extraordinary experiences in ordinary life. The

DSES is the definitive set of questions for measuring the

experience of spiritual connection and has been used in

hundreds of studies, translated into over twenty languages,

and used around the world by counselors, therapists, nurses,

social workers, clergy from multiple faiths, and business

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