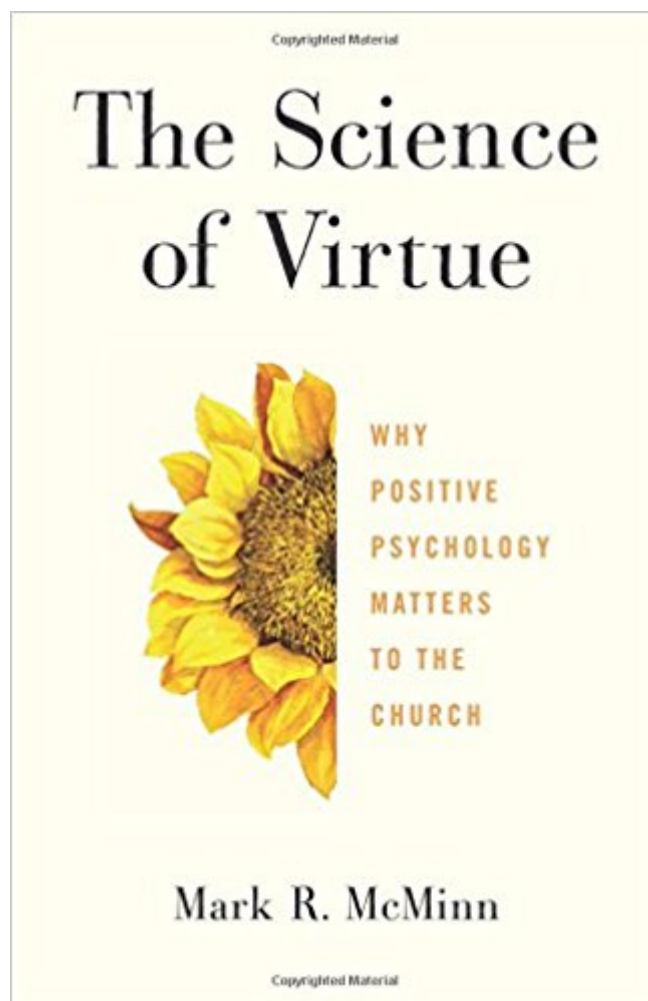


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# The Science Of Virtue: Why Positive Psychology Matters To The Church



## Synopsis

The church and science have drifted apart over the past century. Today the church is often deemed irrelevant by those who trust science, and science is often deemed irrelevant by those whose primary loyalties are to the church. However, this book shows that the new science of virtue--the field of positive psychology--can serve as a bridge point between science and the church and can help renew meaningful conversation. In essence, positive psychology examines how ordinary people can become happier and more fulfilled. Mark McMinn clarifies how positive psychology can complement Christian faith and promote happiness and personal flourishing. In addition, he shows how the church can help strengthen positive psychology. McMinn brings the church's experience and wisdom on six virtues--humility, forgiveness, gratitude, grace, hope, and wisdom--into conversation with intriguing scientific findings from positive psychology. Each chapter includes a section addressing Christian counselors who seek to promote happiness and fulfillment in others.

## Book Information

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## Customer Reviews

Bringing Positive Psychology to the Church" There are few authors and psychologists that I admire more than Mark McMinn. With *The Science of Virtue*, he has done it again. He invites the reader to a Christian perspective on positive psychology that ratifies Scripture by presenting the latest evidence-based science. "Wise and compassionate, this book is simultaneously edifying and inspiring." --Robert A. Emmons, University of California, Davis; editor-in-chief, *The Journal of Positive Psychology*; author of *Gratitude Works!* and *Thanks! How the New Science of Gratitude*

Can Make You Happier"McMinn has written an exquisite book on how the psychology of virtue (that is, positive psychology) can bridge theology and science. Mark addresses some of the most important topics in Christian psychology: wisdom, forgiveness, gratitude, humility, hope, and grace. This book can profoundly affect psychologists, pastors, and theologians, but its value to the person in the pew is its real strength. Judging by its quality, this will be one of my top books--secular or Christian--for the year."--Everett L. Worthington Jr., author of *Forgiving and Reconciling: Bridges to Wholeness and Hope*"Thoughtful, balanced, and sensitively written, *The Science of Virtue* offers a compelling examination of ways in which positive psychology and the church can inform and learn from each other."--Julie Exline, Case Western Reserve University"A wonderfully written and excellent book on positive psychology and the church. It presents the latest research findings from positive psychology as well as biblical perspectives on these virtues in a very helpful way. McMinn also shares graciously, humbly, and vulnerably from his own life experiences. Highly recommended!"--Siang-Yang Tan, Fuller Theological Seminary; author of *Counseling and Psychotherapy: A Christian Perspective*"Forgiveness. Gratitude. Hope. Wisdom. Throughout the joy, grief, and trials of life, Christian virtues offer evidence of our love for God--to our neighbors and to ourselves. *The Science of Virtue* is a helpful, thoughtful work and belongs in every Christian church, school, and home library."--Tim Clinton, president, American Association of Christian Counselors

Mark R. McMinn (PhD, Vanderbilt University), a licensed psychologist, is professor of psychology and director of integration in the graduate department of clinical psychology at George Fox University in Newberg, Oregon. He previously helped found the PsyD program at Wheaton College, where he later assumed an endowed chair position. McMinn is the author or editor of numerous books, including *Psychology, Theology, and Spirituality in Christian Counseling*; *Sin and Grace in Christian Counseling*; *Care for the Soul: Exploring the Intersection of Theology and Psychology*; and *Integrative Psychotherapy: Toward a Comprehensive Christian Approach* (coauthored with Clark D. Campbell).

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