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# **Transforming Self And Others Through Research: Transpersonal Research Methods And Skills For The Human Sciences And Humanities (SUNY Series In Transpersonal And Humanistic Psychology)**





## Synopsis

Brings the transformative approaches of transpersonal psychology to research in the human sciences and humanities. Research approaches in the field of transpersonal psychology can be transformative for researchers, participants, and the audience of a project. This book offers these transformative approaches to those conducting research across the human sciences and the humanities. Rosemarie Anderson and William Braud first described such methods in *Transpersonal Research Methods for the Social Sciences* (1998). Since that time, in hundreds of empirical studies, these methods have been tested and integrated with qualitative, quantitative, and mixed-method research designs. Anderson and Braud, writing with a contribution from Jennifer Clements, invite scholars to bring multiple ways of knowing and personal resources to their scholarship. While emphasizing established research conventions for rigor, Anderson and Braud encourage researchers to plumb the depths of intuition, imagination, play, mindfulness, compassion, creativity, and embodied writing as research skills. Experiential exercises to help readers develop these skills are provided.

## Book Information

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## Customer Reviews

This is a keeper, who knew that research methods could be so enlightening. I have read many research methods books but never has one held my interest such as this book. It is an excellent book if you are looking to expand your current approach to research. The authors have a very healthy and advance understanding of the current and future needs within the field of research.

I used this book to learn more about organic inquiry as it was the methodology used for my thesis. Wonderfully written, not dry, or boring (as so many books on methodology can be). The book also includes exercises to help the researcher develop skills to better understand and utilize each methodology. Wonderful book!

This book is practical and very helpful to students working on their dissertation. Many good exercises to help a student focus in on a particular topic.

Excellent

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