



Human Being and Becoming: Living the Adventure of Life and Love

David G. Benner PhD

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Becoming fully human is a lifelong journey. It can also be an incredible adventure. Here internationally respected depth psychologist, spiritual guide, and personal transformation coach David Benner explores the mysteries of human being and becoming. Drawing on insights from science, philosophy, and forty years of experience integrating psychology and spirituality, he presents concrete steps for living in ways that move us toward wholeness. He also draws on mysticism, the perennial wisdom tradition, interfaith dialogue, and the contemplative Christian tradition, developing a robust spirituality that reveals how we can align ourselves with God's presence in the world.



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