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EMERGING ADULTS' RELIGIOUSNESS AND SPIRITUALITY

Meaning-Making in an Age of Transition

Edited by Carolyn McNamara Barry and Mona M. Abo-Zena

Most children in the U.S. are raised in a faith tradition. During their emerging-adult years (18-29), they claim that religion and spirituality are important, yet their outward religious expression declines significantly. Reasons for this drop include adolescents' forging their own identities, increased immersion in contexts beyond the family, and exposure to media. As emerging adults encounter life-changing events, they engage in a process known as meaning-making, in order to promote their self-discovery. Thus, this third decade is ripe for religious and spiritual development.

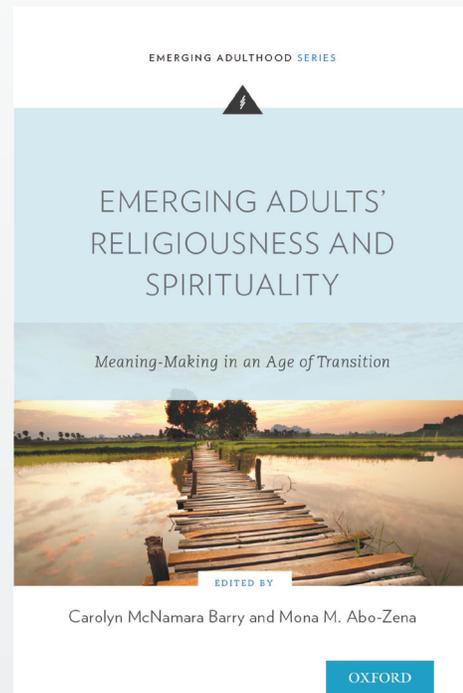
Emerging Adults' Religiousness and Spirituality seeks to understand the meaning-making process among emerging adults in the U.S. This volume does not focus on disentangling religion and spirituality conceptually, but rather emphasizes their centrality in the psychology of human development. It highlights the range of experiences and perspectives of emerging adults in the U.S. grounded in social context, social position, and religious or spiritual identification. Using a developmental lens to focus on the emerging-adult years, this volume highlights multiple domains of development while considering themes of continuity and discontinuity across the lifespan.

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“This groundbreaking book brings together a distinguished group of scholars, including pioneers in the exciting new field of emerging adulthood, to address the fascinating issue of religion and spirituality in the third decade. Authors provide a holistic developmental perspective on a number of important and interesting contexts. This volume provides scholars and students with a state of the art look at how emerging adults navigate the connections between their faith and the rest of their lives.”

—David C. Dollahite, PhD, Professor of Family Life, Brigham Young University



“*Emerging Adults' Religiousness and Spirituality* is a skillful distillation of a diverse body of work, represented by a wide range of experts from diverse disciplines. The result is an enriching, thought-provoking, and comprehensive analysis of emerging adults and their religious and spiritual development. The discussion acknowledges individual variation without compromising patterns related to thriving and floundering. The book is required reading for researchers, students, and clinicians alike. There is no comparable book in the field.” —Varda Konstam, PhD, Professor Emerita, Department of Counseling and School Psychology, University of Massachusetts Boston, and author of *Emerging and Young Adulthood and Parenting Your Emerging Adult*

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