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STAFF FAVORITE BOOK REVIEW OF:

Science, Being, & Becoming: The Spiritual Lives of Scientists **Paul Mills, PhD**

"Science, Being, & Becoming: The Spiritual Lives of Scientists" by Paul Mills, PhD, is about spirituality as experienced by scientists. It is an important book for a number of reasons, key among them is its stated purpose: To challenge the assumption that spirituality is both tangential to science and impossible for science to study. Many of scientists throughout history have held spirituality as very important to themselves, the world around them, and their study of that world. Additionally, many studies have been done on both spirituality and prayer in the last thirty years so clearly it is not impossible to study spirituality.

Dr. Mills, a professor at University of California, San Diego, chose to organize the book in a different manner than would generally be expected from a book based on interviews. Specifically, he analyzed and developed key themes, and then discussed the sections of the interviews related to these central themes. It makes it much simpler for the reader to

recognize the patterns which have been established across multiple scientists, and the information presented very coherent. It should be noted that the book details interviews Dr. Mills conducted with a broad range of scientists. Dr Mills did not make sweeping generalizations about all scientists having spiritual experiences. In fact, in the information presented, many of the scientists involved explicitly mention other scientists who do not, or at least do not admit to having, spiritual experiences like those described in the interviews.

In addition to the clear themes, individual essays called 'Spotlights' were included which were written by other authors. While these spotlights are well placed in the text in terms of corresponding topics they do make the book feel slightly uneven due to stylistic and tempo differences. Paul Mills is a very good writer with a grasp of prose that is engaging, but the shift between authors is felt. However, it is also keenly interesting to see the perspective of

people writing the spotlight sections. Of note Dr. Mills interviewed lots of scientists even outside of the interviews presented in this very well referenced book. To reiterate, this was a good book,

and an engaging read, with some very interesting implications

We highly recommend this as an "important and good read."

Staff IJHC

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