

Review of: "Experiencing B-Values on the Camino de Santiago: A Journey Toward Self-Actualization"

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The research conducted on the transformation of individuals undertaking the Camino de Santiago pilgrimage is a fascinating and insightful study. The research employs a robust and multifaceted approach, incorporating both qualitative and quantitative methods to offer a comprehensive understanding of the experiences of the participants.

One of the key strengths of this research is the integration of both qualitative and quantitative content analysis, which provides a rich and layered perspective on the subject. Furthermore, the research findings underline how the Camino de Santiago pilgrimage serves as a catalyst for enhancing self-actualization. This is a critical insight into the potential psychological and personal benefits of such pilgrimages. The identification of specific values and characteristics associated with self-actualization provides a roadmap for further exploration and understanding of personal growth and transformation.

In conclusion, this research is a valuable addition to the body of knowledge regarding the Camino de Santiago pilgrimage and its impact on individuals. It not only provides a comprehensive and well-rounded analysis but also introduces a thought-provoking concept of "Being values" that enriches the field of humanistic psychology. The research's findings contribute to a deeper understanding of how journeys like the Camino de Santiago can be profound agents of personal transformation and self-actualization.