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Your Mind Redefined: Rediscover God's Plan for Health, Happiness, and Hope

By Janet R Leathem

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. Follow God's perfect prescription for mental health using techniques developed by modern brain science. Recent advances in neuroscience prove that our thoughts, emotions, and attitudes are all connected to our physical health. The discovery of neuroplasticity has completely changed the way we view the connection between our brains and our bodies. But the Christian apostles knew about this connection thousands of years ago! What modern science calls neuroplasticity, the Bible calls renewing the mind. Follow a board-certified Psychiatric Nurse Practitioner as she takes the reader on a Christ-centered journey exploring the wonders of modern neuroscience and the unfalliable truths of the Bible. Achieve true physical, mental, and spiritual health by following God's timeless prescription to redefine your mind. Biblical Mindfulness Discover how to escape the cycle of stress, worry, unhappiness, and insomnia by using a simple series of exercises adapted from cutting-edge Cognitive Therapy techniques. The peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus - Phillipians 4:7 Hormones - The Fuel for Health Learn about the hormones that...



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