



# **Anatomy of the Soul: Surprising Connections between Neuroscience and Spiritual Practices That Can Transform Your Life and Relationships**

*By Curt Thompson M.D.*

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Do you want to improve your relationships and experience lasting personal change? Join Curt Thompson, M.D., on an amazing journey to discover the surprising pathways for transformation hidden inside your own mind. Integrating new findings in neuroscience and attachment with Christian spirituality, Dr. Thompson reveals how it is possible to rewire your mind, altering your brain patterns and literally making you more like the person God intended you to be. Explaining discoveries about the brain in layman's terms, he shows how you can be mentally transformed through spiritual practices, interaction with Scripture, and connections with other people. He also provides practical exercises to help you experience healing in areas where you've been struggling. Insightful and challenging, *Anatomy of the Soul* illustrates how learning about one of God's most miraculous creations—your brain—can enrich your life, your relationships, and your impact on the world around you.

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## **Editorial Review**

From Publishers Weekly

Thompson, a Christian psychiatrist, looks at the mind-body connection and explains how understanding human stories can improve people's relationships with each other, God, and the world. Using the Bible and changing one's thought patterns creates a happier and more devoted person. "God can work through your mind to transform you," the author writes. Thompson uses case studies to assist readers in writing their own stories in order to take their place in the world with God. Readers can then explore their memories, the "rupture" of human sin, and healing through the New Testament, in an attempt to find deeper meaning in life. This is a journey for those who want to change the way they think about God. The author encourages engaging in spiritual disciplines (meditation, prayer, fasting, and study) and forming small groups in the local church that employ confession as a means of renewal. This is a tremendous book for the committed Christian seeker.

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From the Inside Flap

Our minds and our hearts are connected. We cannot separate what we do with our brains and our relationships from what we do with God. But how exactly does the process work? And is it possible to improve the way we think and relate, resulting in deeper, closer connections with God and the people we love?

In *Anatomy of the Soul*, psychiatrist Curt Thompson shows how neuro-scientific findings about our brain functions align with what the Bible teaches about how to develop the mind of Christ. As we engage in spiritual practices such as prayer and confession, our actual neural networks are renewed. In essence, God is using our brains as a signpost, supporting and sharpening our understanding of him—and enabling us to reflect his character in the way we live our lives and influence our communities.

This profound book will help you gain a better understanding of how God wired your brain and how spiritual practices can help you, not only improve your relationships with God and other people, but also deal with issues such as anxiety, addiction, unhealthy guilt, or depression.

From the Back Cover

Our minds and our hearts are connected. We cannot separate what we do with our brains and our relationships from what we do with God. But how exactly does the process work? And is it possible to improve the way we think and relate, resulting in deeper, closer connections with God and the people we love? In *Anatomy of the Soul*, psychiatrist Curt Thompson shows how neuro-scientific findings about our brain functions align with what the Bible teaches about how to develop the mind of Christ. As we engage in spiritual practices such as prayer and confession, our actual neural networks are renewed. In essence, God is using our brains as a signpost, supporting and sharpening our understanding of him—and enabling us to reflect his character in the way we live our lives and influence our communities. This profound book will help you gain a better understanding of how God wired your brain and how spiritual practices can help you, not only improve your relationships with God and other people, but also deal with issues such as anxiety, addiction, unhealthy guilt, or depression.

## **Users Review**

**From reader reviews:**

**Robert Johnson:**

Now a day people that Living in the era wherever everything reachable by match the internet and the resources included can be true or not demand people to be aware of each facts they get. How a lot more to be smart in having any information nowadays? Of course the solution is reading a book. Looking at a book can help people out of this uncertainty Information specially this Anatomy of the Soul: Surprising Connections between Neuroscience and Spiritual Practices That Can Transform Your Life and Relationships book because this book offers you rich facts and knowledge. Of course the data in this book hundred per-cent guarantees there is no doubt in it you probably know this.

**Tara Scribner:**

Often the book Anatomy of the Soul: Surprising Connections between Neuroscience and Spiritual Practices That Can Transform Your Life and Relationships has a lot of knowledge on it. So when you read this book you can get a lot of help. The book was published by the very famous author. This articles author makes some research before write this book. That book very easy to read you may get the point easily after looking over this book.

**Linda Gabriel:**

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**Elliott Preciado:**

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