

Anatomy of the Soul



Anatomy of the Soul

Curt Thompson

Tyndale House

Physician Curt Thompson says the more you know about the brain the more you can enrich your life and relationships, and increase your impact on others. He claims it's possible, by combining new discoveries in neuroscience with Christian spirituality, to "rewire your mind"—thus altering your brain patterns and making you more like the person God intended. Using layman's terms, he explores why he believes understanding the mind leads to spiritual healing. Fortunately, Thompson balances the heady knowledge of his study with practical exercises to help readers find healing in personal ways.