

The Most Important Place Kingdom-Minded Leaders Must Protect

During this challenging and ever-changing season, the best thing we as leaders can do is to continuously clean up the mental mess that is stacking up in the mind. Fears, anxieties, unhealthy stress, symptoms of depression and more have increased during this global shaking caused by the pandemic.

More than ever, addictions, suicides and intrusive and invading thoughts are bombarding many kingdom-minded leaders. The Bible gives us powerful truths and tools for renewing and protecting the mind for transformation. And, for so many, these truths and tools are incredibly enhanced when the science behind it all is discovered. More than ever, we need to deal with the negative fruit of our minds as well as the roots that are the cause.

Shawn Gabie talks with Dr. Caroline Leaf on a recent episode of *The Supernatural Leadership Podcast* about these important ideas. Together, they dive into the contents of her new book, *Cleaning Up Your Mental Mess: 5 Simple, Scientifically Proven Steps to Reduce Anxiety, Stress and Toxic Thinking*.

This is a powerful and yet triggering conversation that will be sure to challenge and stir you into making some of the most significant changes to your health you may ever make as a leader.

Listen to Episode 20 of *The Supernatural Leadership Podcast* today.

About Our Guest

Dr. Caroline Leaf is a communication pathologist and cognitive

neuroscientist with a master's and Ph.D. in communication pathology and a bachelor's degree in logopaedics, specializing in cognitive and metacognitive neuropsychology. Since the early 1980s, she has researched the mind-brain connection, the nature of mental health and the formation of memory. She was one of the first in her field to study how the brain can change (neuroplasticity) with directed mind input.

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