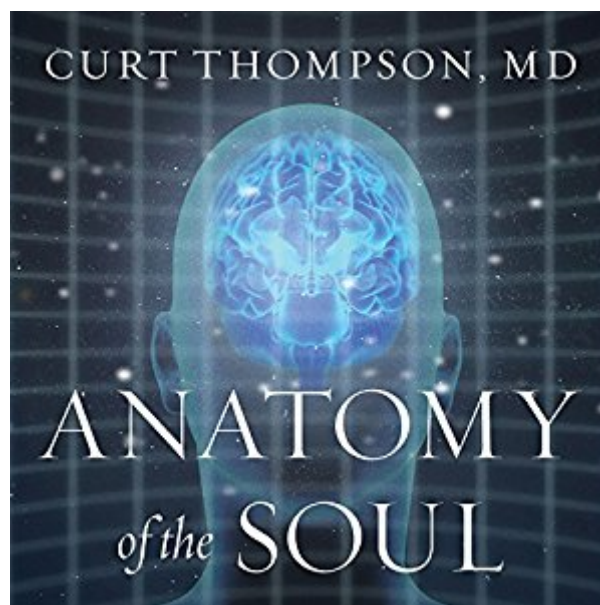




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Anatomy Of The Soul: Surprising Connections Between Neuroscience And Spiritual Practices That Can Transform Your Life And Relationships



Synopsis

Do you want to improve your relationships and experience lasting personal change? Join Curt Thompson, MD, 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.

Book Information

Audible Audio Edition

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#261 in Books > Religion & Spirituality > Worship & Devotion > Faith #275 in Books > Audible

Audiobooks > Science > Medicine

Customer Reviews

Will probably recommend this book as required reading for a graduate level leadership transformation program and yet this book is simple enough in its presentation of the divine connections between soul, flesh and spirit as to be helpful to everyone curious about why Christ said that gaining the whole world yet losing one's soul is such a great loss.

The words I've used above are just a sample of what this book has done to and for me. As I read it it drew me in and compelled me forward. It opened my eyes not only to the amazing discoveries of

science, but also revealing to me the wonder of who I am as a creation from the mind of God. It brought together for me all varied parts and discoveries of science and how it applies to me and my growth as a child of God. It penetrated to the depth of my being; to my heart, my purposes, my quests, my thoughts. There is an appeal to be more of what I am designed to be, and a calling to a higher purpose for living, enjoying, and sharing, as a part of the family of God.

Wonderful to see the intersection of neurology and religion. This book leaves you thinking deeply for sure.

Extremely informative, educational, and helpful book! It's premise, as I gathered, is "knowing and being known". What holds us back from being able to do that. Dr Thomson helps us to understand how the area's of our brain works. Why we need both our left and right brain to be functioning fully! I was so enlightened and changed! Another thing I took away from it is the importance of telling our own story. Being able to do that is all a part of Gods plan for keeping or proceeding towards healing. (My interpretation of what he was trying to instruct! Must read for yourself). It's a "read again" kind of book, with exercises to help you practice telling your story!

One of the best books I've read-- ever. It has solid depth, is thought provoking and replete with practical suggestions that actually work. I am going through this book slowly and intentionally, not wanting to miss anything. I am seeing changes in how I think and respond. The authour seems to have genuine care for his readers and lays out his information in a sensible and useable way. Each section is integrated and relevant to the others. A very hopeful and helpful book.

Highly readable for the nonscientist, this book integrates interpersonal neuroscience and Christianity. It contains much food for thought - almost too much!

This was a great read and a great challenge. Do the work and see a result. Some of it is quite deep. All of it reads as inspired to me. Thank you.

Terrible!. the website claims that the ebook includes page numbers, but my ebook on iPad does not have page numbers. Difficult to work with when doing class assignments.

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