



# The God-Shaped Brain: How Changing Your View of God Transforms Your Life

*Timothy R. Jennings*

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What you believe about God actually changes your brain. Brain research in neuroscience has found that our thoughts and beliefs affect our physical, mental and spiritual health. Mind and body are interrelated, and we are designed for healthy relationships of love and trust. When we understand God as good and loving, we flourish. Unfortunately, many of us have distorted images of God and mostly think of him in fearful, punitive ways. This leads us into unhealthy patterns of self-defeating behaviors and toxic relationships. But our lives can change when God renews our minds with a truer picture of him. Psychiatrist Tim Jennings unveils how our brains and bodies thrive when we have a healthy understanding of who God is. He dispels common misconceptions about God and shows how different God concepts affect the brain differently. Our brains can adapt, change and rewire with redeemed thinking that frees us from unnecessary pain and suffering. Discover how neuroscience and Scripture come together to bring healing and transformation to our lives.



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