



Think This Not That: Rewiring Your Brain to Eliminate Toxic Thinking (Paperback)

By Rita Schulte, Rita A Schulte

Abilene Christian University Press, 2018. Paperback. Condition: New. Language: English . Brand New Book. What we think about radically affects us body, soul, and spirit. Contrary to popular belief, circumstances do not determine our mood. Instead, our thoughts, feelings, and behaviors flow from our interpretations of events. In the mind, we give meaning to troubling events, and that meaning causes us emotional pain and turmoil. Philippians 4:8 challenges us to think about what is true, right, pure, and excellent, but it is not simply a charge to think positively. How we think actually changes how we respond to crises and difficult situations. Drawing on her experience as a clinical psychotherapist and a trauma survivor, Rita Schulte gives a prescription for better health and well-being that combines faith and science. Through a strong connection to God, mindfulness techniques, and target exercises, you can change toxic thinking patterns and rewire your brain to achieve optimum mental and physical health.



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