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Rethink How You Think: How to Create Lasting Change Today (Paperback)

By David Stoop

Baker Publishing Group, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Did you know most of our patterns of behavior are set by the time we are six years old? No wonder it s so hard to change! Even when we re committed to making a change in life, it s always an uphill battle. But there is a secret to lasting change that God gave us long before modern neuroscience and self-help gurus were the norm. Rethink How You Think is for anyone who has been frustrated by an inability to change habits, overcome fears, or keep up new healthy patterns of living and thinking. Dr. David Stoop shows readers that the true way to lasting change is in the renewing of our minds, which we accomplish when we faithfully read God s Word and meditate on it daily. He clearly shows how to move from fear to love, from resentment to gratitude, from lust to purity, from loneliness to connection, from idolatry to contentment, and from mistrust to trust. Anyone eager to find change that lasts will welcome this practical and encouraging message.

Reviews

This composed book is excellent. This really is for all who statte that there had not been a worth reading through. Your life period will probably be change as soon as you total looking over this ebook.

-- Cheyanne Barrows

The book is fantastic and great. I have go through and i also am certain that i will planning to read through once more once more down the road. Its been printed in an exceedingly simple way and is particularly simply after i finished reading through this publication through which really changed me, change the way i think.

-- Hank Powlowski