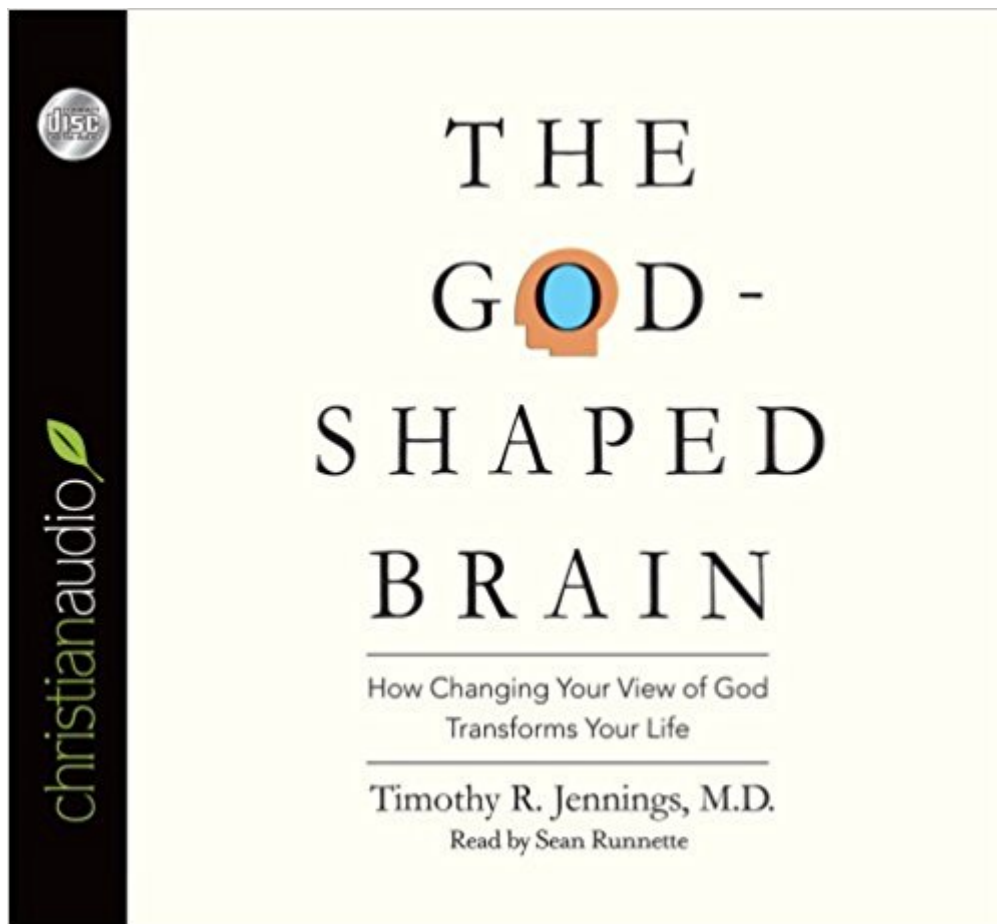




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# The God-Shaped Brain: How Changing Your View Of God Transforms Your Life



## Synopsis

"Paying attention to the findings of neuroscience is tantamount to paying attention to God's creation. And doing that leads us--with the proper guide--to God's story and his intentions for us. Tim Jennings is that proper guide. An experienced healer with a palpable spirit of humility, he takes the reader past the trite, superficial motifs of easy spirituality that clutter our emotional landscapes and grounds you first in the nature of the God of Scripture. He then further explores that in which God grounded the first humans--the body, and namely, the brain. With compelling stories of challenge and transformation, Dr. Jennings deftly weaves together a deeply thoughtful theology of the living Word with the complex nature of the organ that our heart calls home. Read this book to know God more fully. Read this book to know your brain more fully. And see how knowing God will change your brain--and your life--in ways you never thought possible." (Curt Thompson, M.D., psychiatrist and author of *Anatomy of the Soul*) "With amazing clarity, Dr. Jennings cuts through the many divergent God constructs to expose the powerful impact these differing views have upon our brains and bodies. Not everything taught about God is healthy--read this book and learn how your belief about God is changing you." (Gregory L. Jantz, Ph.D., C.E.D.S., founder, The Center, Inc.) "What makes this book truly remarkable is the artful way Dr. Jennings combines the latest understanding in brain physiology with practical and compelling real-life stories. Although this book is easy to understand for the layperson, the implications Dr. Jennings makes about the design of the human brain, how it can be damaged and how it can be healed are profound. I don't know of another book that so beautifully describes how our mind can be restored back to the way God originally designed it to be." (Brad Cole, M.D., director of neuroscience education, Loma Linda University School of Medicine) "Dr. Tim Jennings has asked the troublesome questions about God's character and answered them in a simple and compelling way that clears away the lies about him so that you find yourself falling deeper in love with him. It's a must-read for every inquiring mind. Once you understand the physiology of the brain and how it responds to love versus selfishness, as explained by Dr. Jennings, you will realize that the choice for love is the only one that will renew the mind and result in good mental health." (Kay Kuzma, Ed.D., president of Family Matters Ministry) "It has been said that our thoughts reflect who we are (Proverbs 23:7). Dr. Jennings challenges us with a synthesis of neurobiology and theology that elaborates on this concept." (Michael Lyles, M.D., Lyles and Crawford Clinical Consulting) "If you are ready to take your relationship with God to the next level, if you are ready to move closer to the source of all truth, if you are ready for an evidence-based approach to knowing God, this book is for you. Dr. Jennings's patient cases and illustrations make complex ideas simple and easy to understand as he powerfully documents,

through brain science, how our beliefs about God change us." (Tim Clinton, president, American Association of Christian Counselors)

## Book Information

Audio CD

Publisher: christianaudio; Unabridged edition (December 31, 2013)

Language: English

ISBN-10: 1610458362

ISBN-13: 978-1610458368

Product Dimensions: 6.4 x 0.6 x 5.4 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 192 customer reviews

Best Sellers Rank: #749,907 in Books (See Top 100 in Books) #513 in [Books > Books on CD](#) > Religion & Spirituality > Christianity #973 in [Books > Books on CD > Religion & Spirituality > General](#) #1278 in [Books > Medical Books > Psychology > Neuropsychology](#)

## Customer Reviews

"Paying attention to the findings of neuroscience is tantamount to paying attention to God's creation. And doing that leads us [with the proper guide](#) to God's story and his intentions for us. Tim Jennings is that proper guide. An experienced healer with a palpable spirit of humility, he takes the reader past the trite, superficial motifs of easy spirituality that clutter our emotional landscapes and grounds you first in the nature of the God of Scripture. He then further explores that in which God grounded the first humans [the body, and namely, the brain](#). With compelling stories of challenge and transformation, Dr. Jennings deftly weaves together a deeply thoughtful theology of the living Word with the complex nature of the organ that our heart calls home. Read this book to know God more fully. Read this book to know your brain more fully. And see how knowing God will change your brain [and your life](#) in ways you never thought possible." (Curt Thompson, M.D., psychiatrist and author of *Anatomy of the Soul*) "With amazing clarity, Dr. Jennings cuts through the many divergent God constructs to expose the powerful impact these differing views have upon our brains and bodies. Not everything taught about God is healthy [read this book and learn how your belief about God is changing you](#)." (Gregory L. Jantz, Ph.D., C.E.D.S., founder, The Center, Inc.) "What makes this book truly remarkable is the artful way Dr. Jennings combines the latest understanding in brain physiology with practical and compelling real-life stories. Although this book is easy to understand for the layperson, the

implications Dr. Jennings makes about the design of the human brain, how it can be damaged and how it can be healed are profound. I don't know of another book that so beautifully describes how our minds can be restored back to the way God originally designed them to be." (Brad Cole, M.D., director of neuroscience education, Loma Linda University School of Medicine)"Dr. Tim Jennings has asked the troublesome questions about God's character and answered them in a simple and compelling way that clears away the lies about him so that you find yourself falling deeper in love with him. It's a must-read for every inquiring mind. Once you understand the physiology of the brain and how it responds to love versus selfishness, as explained by Dr. Jennings, you will realize that the choice for love is the only one that will renew the mind and result in good mental health." (Kay Kuzma, Ed.D., president of Family Matters Ministry)"It has been said that our thoughts reflect who we are (Proverbs 23:7). Dr. Jennings challenges us with a synthesis of neurobiology and theology that elaborates on this concept." (Michael Lyles, M.D., Lyles and Crawford Clinical Consulting)"If you are ready to take your relationship with God to the next level, if you are ready to move closer to the source of all truth, if you are ready for an evidence-based approach to knowing God, this book is for you. Dr. Jennings's patient cases and illustrations make complex ideas simple and easy to understand as he powerfully documents, through brain science, how our beliefs about God change us." (Tim Clinton, president, American Association of Christian Counselors) --This text refers to the Digital edition.

Timothy R. Jennings, M.D., is a board certified Christian psychiatrist, master psychopharmacologist, lecturer, international speaker and author. Dr. Jennings was voted one of America's Top Psychiatrists by the Consumers' Research Council of America in 2008, 2010 and 2011. He is a fellow of the American Psychiatric Association and President-Elect of the Tennessee Psychiatric Association. He also serves on the board of the Southern Psychiatric Association and is in private practice in Tennessee.

It was nice to read something you can say "Amen" all the way through. Lights and bells continued to be set off as the writer grimp my attention. Read it in one sitting. I am rereading it again. Highly recommend for fathers of families and other leaders.

I am in the process of reading The God Shaped Brain. I have read the Bible through quite a number of times and the New Testament many times. This book has opened my mind to new concepts that have never occurred to me before regarding our idea of who God is and how He deals with His

erring children. It is interesting, educational and well worth reading! I highly recommend it.

Herein you will find a depth of scriptural application matching a wealth of life science practical wisdom. One hand washes the other; being human and being spiritual are not a tradeoff, but symbiotic. This book clearly portrays this as common sense, not as a radical concept, and demonstrates how so. Help yourself, help your patients abide in wholeness and the abundant life. No spiritual counselor should be practice without this book. I use it dually, as a text, and also as a devotional to enrich and deepen my life and applications as a clinical scholar.

I truly value Dr. Jennings "M.D." praise of our Almighty Creator! God designed the brain and it can not be made by man. I appreciate his writing to help those of us who battle with "taking our thoughts captive to the obedience of Christ" and knowing how much God loves us and gave us Jesus to stand in the gap of our humanity. I've listened to many of his teachings online at [...] and am thankful for the gift the site gives us to listen to his teaching. So no "buts" just the plain Biblical truth: Our God is an all-consuming fire as, Dr. Jennings quotes the Word of God so eloquently from Hebrews 12:28-29(NIV) restating Duet 4:24: Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, 29 for our  
"God is a consuming fire."  
"Hell cannot be denied when we read the words of Jesus or look at Revelation and our eternity. Luke 12:4-6 (NIV) "I tell you, my friends, do not be afraid of those who kill the body and after that can do no more. But I will show you whom you should fear: Fear him who, after your body has been killed, has authority to throw you into hell. Yes, I tell you, fear him. Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God." Dr. Jennings writing and recordings have caused me to examine my mind and heart once again as I go through counseling and rely on God's Holy Spirit to be my ultimate Counselor. A reader friend of mine calls these types of books "fishing" books - take out the good big fish and throw out the bad little ones. I would have given it a 5 star rating had Dr. Jennings Biblical views been God's Holy and Just Eternal view.

This is a very well written book. It provides a new way, a better way of looking a some age old beliefs. I will surely read it a second time.

I must admit that the beginning of the book is a little slow, but you won't be disappointed if you stay with it. About a fourth of the way through the book, I became totally fascinated by Dr. Jennings

explanations of the brain and our view regarding God. Of his many case examples, it is easy to find a counseling patient to which you can relate. This book helps you examine your beliefs and reminds you of the fact that "God is love". The God-Shaped Brain could be a real life changer for many hurting people.

Definitely took a few liberties with concepts here, but to each their own. I wasn't all that impressed but the fact is, there really are no facts when it comes to successful christian living, it all happens by faith, and faith is relative.

A most interesting read. Challenges the typical liberal vs conservative paradigms, and makes God out to be far more tolerable than we have been led to believe he is. A good book for agnostics. It reframes sin and punishment, and even heaven and hell concepts. Highly recommended. Only wish he could have slimmed it down a bit

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