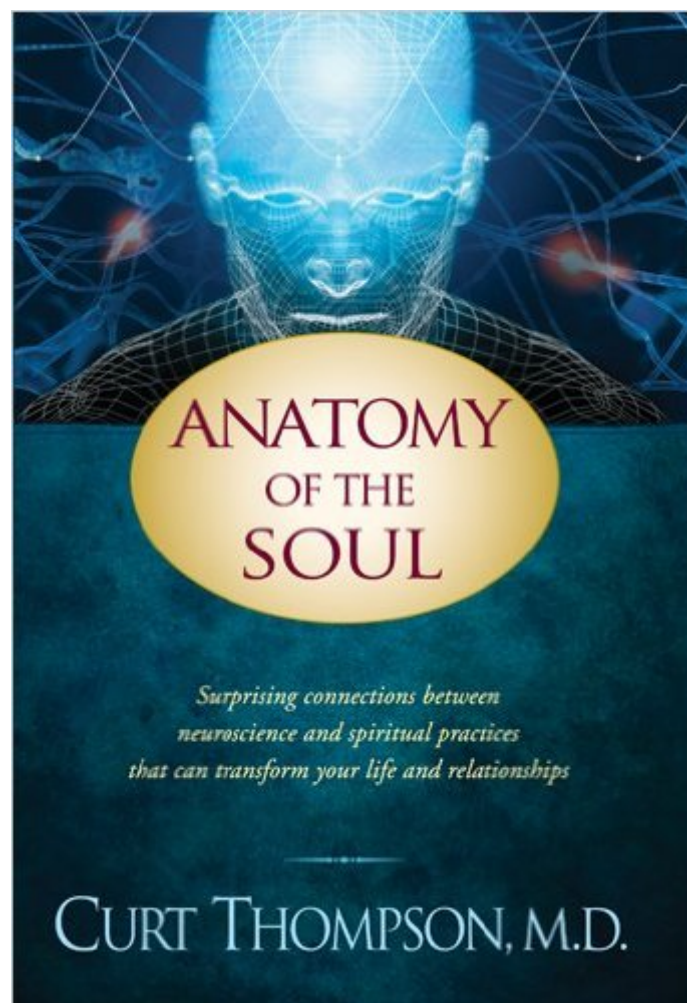


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# Anatomy Of The Soul: Surprising Connections Between Neuroscience And Spiritual Practices That Can Transform Your Life And Relationships



## Synopsis

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

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## Customer Reviews

First, I must make it clear that I have interacted with this book in ways which the average reader probably never will. For starters, I myself am in the process (though currently paused) of earning a degree in a psychology field. This was, in fact, one of the reasons I selected this book. However, my academic appreciation for *Anatomy of the Soul* did not keep me from appreciating it on other levels. I'll attempt to briefly discuss a few of them below. Literary, Dr. Curt Thompson is a master storyteller. I'm willing to admit that my own interest in counseling/psychology probably has a lot to do with my fascination of his stories, but he illustrates his points in a fascinating way through real-life examples.

On the other hand, his metaphors can be over-exaggerated at times, and he has accepted too many of the modern chic elements of writing, but the book is definitely engaging and well-written. The structure of the book does oscillate between the scientific, theological, and practical, but Thompson does an excellent job of keeping each type of section compelling. One fairly major quibble with the book format is the way in which his Integration Exercises have been randomly inserted throughout the book. These are several hands-on exercises, described in a page or two, which readers may use to help integrate Thompson's points into their lives. The idea of including these exercises was brilliant, but they occur in random places, many times breaking up sentences or paragraphs. The first few confused me greatly since the only differentiation between them and the surrounding text is a slight change of font. The biggest problem with this approach, besides being confusing, is that the readers will probably skip them to finish the rest of Thompson's thought and forget to come back.

"Anatomy of the Soul - Surprising connections between neuroscience and spiritual practices that can transform your life" by Curt Thompson is a compelling read! Despite what science has tried to get us to believe, neurology and spirituality are connected. I have long been a believer in the power of our mind, and when I saw the subtitle to this book, I was immediately intrigued. Author Curt Thompson does a great job explaining for the average reader just how this is possible. Most reviewers of this book have given a general overview, but something has been on my mind all my life, growing up with a family member who is an atheist. Never for one minute understanding how that person could possibly not have any faith, not believe in God.....I could not wrap my brain around that. Or why some people can easily share their faith, willingly and openly pray with their families and friends, yet others just cannot imagine doing so? Then along comes this book and it is explained to me, so I am thrilled to share this part of the book with you. Dr. Thompson explains that our attachments from childhood can make all the difference. There are 4 attachment possibilities:~~~~~1. Secure Attachment: Children who are blessed to become securely attached have one common theme - their emotions were validated during childhood. They had parents who were empathetic. As an example, let's say Sally is crying because she has scraped her knee. An empathetic parent would come to her aid asking how she is doing rather than curtly telling her to stop crying like a baby. These children feel understood and connected, and the universe makes sense to them.

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