



Could It Be This Simple?: A Biblical Model for Healing the Mind

By Timothy R. Jennings

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Feelings of worthlessness. Low self-esteem. Illegitimate guilt. The inability to forgive. Bitterness and resentment. Dependency. Unhealthy relationship patterns. These battles rage within the minds of millions of people, including Christians. Although these may be mistaken as private battles, they are part of a much larger battle--the battle between Christ and Satan, the battle for our hearts and minds. Fortunately the battle is not lost. In *Could It Be This Simple? A Biblical Model for Healing the Mind* you'll learn about God's original ideal for the mind and His beautiful plan to restore His children back into His image. Psychiatrist Timothy R. Jennings also exposes many of Satan's subtle tactics that interfere with God's plan to heal the mind. Armed with the tools provided in this book, you can cooperate better with God to achieve emotional and mental well-being and gain real spiritual victory.

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