

---

# Download Free Church The And Psychology Neuroscience Life Christian Of Nature Physical The

---

Getting the books **Church The And Psychology Neuroscience Life Christian Of Nature Physical The** now is not type of challenging means. You could not unaided going taking into account book heap or library or borrowing from your connections to entrance them. This is an certainly easy means to specifically acquire guide by on-line. This online statement Church The And Psychology Neuroscience Life Christian Of Nature Physical The can be one of the options to accompany you when having supplementary time.

It will not waste your time. acknowledge me, the e-book will unquestionably declare you supplementary event to read. Just invest tiny epoch to door this on-line revelation **Church The And Psychology Neuroscience Life Christian Of Nature Physical The** as with ease as review them wherever you are now.

---

**KEY=LIFE - EATON BRYCE**

---

## The Physical Nature of Christian Life

## Neuroscience, Psychology, and the Church

**Cambridge University Press** This book explores the implications of recent insights in modern neuroscience for the church's view of spiritual formation. Science suggests that functions of the brain and body in collaboration with social experience, rather than a disembodied soul, provide physical basis for the mental capacities, interpersonal relations, and religious experiences of human beings. The realization that human beings are wholly physical, but with unique mental, relational and spiritual capacities, challenges traditional views of Christian life as defined by the care of souls, a view that leads to inwardness and individuality. Psychology and neuroscience suggest the importance of developmental openness, attachment, imitation and stories as tools in spiritual formation. Accordingly, the idea that

care of embodied persons should be fundamentally social and communal sets new priorities for encouraging spiritual growth and building congregations.

## Enhancing Christian Life

### How Extended Cognition Augments Religious Community

InterVarsity Press It's time to rethink the Christian life in light of current research on the human mind, particularly with a deeper understanding of "extended cognition." Using insights from neuroscience, psychology, and philosophy, Brad Strawn and Warren Brown argue for a vision of the Christian life as extended into interactions with a local network of believers.

### Fire, Water, and Wind

### God's Transformational Narrative: Learning from Narrative Psychology, Neuroscience, and Storytelling about Identity Formation

Wipf and Stock Publishers Fire, Water, and Wind explores the forming of a healthy sense of personal identity. The impetus for Fire, Water, and Wind was the observation that people are searching for meaning and identity, are dissatisfied with their current situations, and many are actively seeking escape from their current life experiences. This is evidenced by the number of people involved in high-risk activities, be it drug or alcohol abuse, gambling, prostitution, multiple sex partners, smoking, or violent crimes. But does it have to be this way? Following the finding in the fields of psychology and neuroscience that narrative plays a key role within the context of identity formation, Fire, Water, and Wind offers an understanding of identity formation that is grounded in the biblical narrative that enables

and equips one to face the varied challenges of life. Concluding that a narrative understanding of ones identity and ongoing formation as a follower of Jesus incorporates an integration of heart and mind, body, and soul, that requires the nurturing of a biblical imagination and unconscious, looking at the signs, symbols, and metaphors, encouraging ones life wholly alive. Enabling one to answer the "What should I live for?" question.

## Minds, Brains, Souls and Gods

### A Conversation on Faith, Psychology and Neuroscience

**InterVarsity Press** In this hypothetical correspondence, Malcolm Jeeves urges Christian students to enter the brave new world of neuroscience ready to have their faith examined and their experiences of God put to the test. When we do this, he argues, being mindful of oversimplifications as we go, the integration of Christianity and psychology becomes possible.

## Am I Just My Brain?

**Questioning Faith** Looking at the body, mind and soul to answer the question: What exactly is a human being?

## The Big Ego Trip

### Finding True Significance In A Culture Of Self-Esteem

**Inter-Varsity Press** After decades of trying to feel good about ourselves, why do we still hunger for meaning and significance? Glynn Harrison argues that self-esteem ideology has led us down a psychological cul-de-sac that risks causing more harm than good, and today's culture of narcissism and entitlement is the pay-off. Healthy psychological development and fulfilment come from seeing the self as part of something bigger. To achieve the sense of significance that we long for, we need a worldview capable of generating meaning and purpose. The Christian gospel calls us beyond the goal of self-esteem, encouraging us to stop judging ourselves, embrace our identity in God's big

story and look outwards to the pursuit of his glory. This is the only sure foundation for biblically based optimism, confidence and personal resilience. 'An important and timely book.' Christopher Ash

## Psychology of the Spirit

# A New Vision of the Soul Integrating Depth Psychology, Modern Neuroscience, and Ancient Christianity

**FriesenPress** While not all aspects of Carl Gustav Jung's work have aged well, many of his ideas remain consistent with current concepts in behavioral psychology and neuroscience. **Psychology of the Spirit** reviews the lasting effects of Jung's work and how it integrates with modern neuroscience, cognitive and behavioral studies, and Christian theology. It combines the mystical insights developed by Eastern Orthodox Christian theology with Jung's vision of the psyche and the concept of the collective unconscious and its archetypes. Though written as a contribution to the field of psychology and as a tool for clinical practice, it is also accessible to lay readers interested in the relationship between the mind and the brain....

## Neuroscience and Christian Formation

**IAP** Why a text on neuroscience and Christian formation? Simply put, we need one that represents the range of possible intersections for today and into the future. In recent years, neuroscience's various fields of study have influenced our understanding of the person, memory, learning, development, communal interaction, and the practice of education. The book serves as an introductory textbook for Christian education/formation professors to use in Christian education or Christian formation courses at the College or Seminary level. The book is designed to provide an overview of how current research in neuroscience is impacting how we view Christian education and formation with particular attention given to faith formation, teaching, development, and worship. The first four chapters discuss how neuroscience broadly influences Christian education and formation. Chapters five through eight explore how neuroscience informs specific formational practices, from personal meditation, to intercultural encounter, to

congregational formation and worship. The last four chapters explore various aspects of neuroscience along developmental lines, The book also moves from conceptual overviews to more empirical studies late in the text. Each chapter of this book can also be read and discussed individually. Each author has provided both discussion topics, suggestions for future reading within neuroscience, and discussion questions at the end of the chapter.

## How God Works

## The Science Behind the Benefits of Religion

Simon and Schuster Drawing on a wealth of new evidence, pioneering research psychologist David DeSteno shows why religious practices and rituals are so beneficial to those who follow them—and to anyone, regardless of their faith (or lack thereof). Scientists are beginning to discover what believers have known for a long time: the rewards that a religious life can provide. For millennia, people have turned to priests, rabbis, imams, shamans, and others to help them deal with issues of grief and loss, birth and death, morality and meaning. In this absorbing work, DeSteno reveals how numerous religious practices from around the world improve emotional and physical well-being. With empathy and rigor, DeSteno chronicles religious rites and traditions from cradle to grave. He explains how the Japanese rituals surrounding childbirth help strengthen parental bonds with children. He describes how the Apache Sunrise Ceremony makes teenage girls better able to face the rigors of womanhood. He shows how Buddhist meditation reduces hostility and increases compassion. He demonstrates how the Jewish practice of sitting shiva comforts the bereaved. And much more. DeSteno details how belief itself enhances physical and mental health. But you don't need to be religious to benefit from the trove of wisdom that religion has to offer. Many items in religion's "toolbox" can help the body and mind whether or not one believes. *How God Works* offers advice on how to incorporate many of these practices to help all of us live more meaningful, successful, and satisfying lives.

## Christianity

# A Very Short Introduction

This is a short, accessible analysis of Christianity that focuses on its social and cultural diversity as well as its historical dimensions.

# Theology and Psychology

Ashgate Pub Limited This volume is concerned with the dialogue between psychology and Christian theology. Several "hot" topics in psychology, such as evolution, neuroscience and computer intelligence, are considered, as well as theological topics such as divine action, salvation history and eschatology.

# Science and Christianity

## An Introduction to the Issues

John Wiley & Sons Science and Christianity is an accessible, engaging introduction to topics at the intersection of science and Christian theology. A philosophically orientated treatment that introduces the relationship of science to Christianity and explores to what extent the findings of science affect traditional Christian theology Addresses important theological topics in light of contemporary science, including divine action, the problem of natural evil, and eschatology Historically oriented chapters and chapters covering methodological principles for both science and theology provide the reader with a strong foundational understanding of the issues Includes feature boxes highlighting quotations, biographies of major scientists and theologians, key terms, and other helpful information Issues are presented as fairly and objectively as possible, with strengths and weaknesses of particular interpretations fully discussed

# Christianity and Psychiatry

**Springer Nature** This book aims to help readers appreciate the many-faceted relationship between Christianity, one of the world's major faith traditions, and the practice of psychiatry. Chapter authors in this book first consider challenges posed by historical antagonisms, church-based mental health stigma, and controversy over phenomena such as hearing voices. Next, others explore both how Christians often experience conditions such as mood and psychotic disorders, disorders in children and adolescents, moral injury and PTSD, and ways that their faith can serve as a resource in their healing. Twelve Step spirituality, originally informed by Christianity, is the subject of a chapter, as are issues raised for Christians by disability, death and dying. A set of chapters then focuses on the state of integration of Christian beliefs and practices into psychotherapy, treatment delivery, educational programming, clergy/clinician collaboration, and treatment by a non-Christian psychiatrist. Finally, there are chapters by a mental health professional who has been a patient, a Jewish psychiatrist, a Muslim psychiatrist knowledgeable about Christianity and psychiatry in the Muslim majority world, and a Christian psychiatrist. These chapters provide context, diversity and personal perspectives. Christianity and Psychiatry is a valuable resource for mental health professionals seeking to understand and address the particular challenges that arise when caring for Christian patients.

# Questions in the Psychology of Religion

**Wipf and Stock Publishers** What does it mean to be human? What is the origin of religious beliefs? Why are we moral creatures? Are religious experiences different from our everyday experiences? Is my brain involved in my experiencing God? What is a soul and do I have one? Is religion a result of evolutionary processes? How might psychology and religion relate? Religious experiences (behaviors, thoughts, and emotions) are determined, at least in part, by natural physical processes. As a result, the empirical methods used in psychology to try to identify the natural mechanisms that influence why we act, think, and feel the way we do can provide important insights into the fundamental and universal phenomena of religion. Drawing on current research from a variety of disciplines, Questions in the Psychology of Religion is appropriate for college students studying psychology, pastors as they help their congregations understand how religion and science might go together, and anyone who learns about recent discoveries in psychological science and wonders how these findings pertain to religion and religious experiences.

# The Ashgate Research Companion to Theological Anthropology

**Routledge** In recent scholarship there is an emerging interest in the integration of philosophy and theology. Philosophers and theologians address the relationship between body and soul and its implications for theological anthropology. In so doing, philosopher-theologians interact with cognitive science, biological evolution, psychology, and sociology. Reflecting these exciting new developments, **The Ashgate Research Companion to Theological Anthropology** is a resource for philosophers and theologians, students and scholars, interested in the constructive, critical exploration of a theology of human persons. Throughout this collection of newly authored contributions, key themes are addressed: human agency and grace, the soul, sin and salvation, Christology, glory, feminism, the theology of human nature, and other major themes in theological anthropology in historic as well as contemporary contexts.

## Theology of Transformation

### Faith, Freedom, and the Christian Act

**Oxford University Press** **Theology of Transformation** is both a systematic and a practical theology of active discipleship and vocation which, as a renewal of Christology, has implications across the full range of theological topics. Contemporary Christian theology needs to reflect science in pointing to the universal primacy of action in human life and experience.

### 1 and 2 Thessalonians

**Wm. B. Eerdmans Publishing** A distinctively theological interpretation of the Thessalonian letters In this commentary **Andy Johnson** engages with the developing interpretive framework of missional hermeneutics to present a theological interpretation of 1 & 2 Thessalonians that aims to help the church more fully participate in the life and mission of the

trine God. After a verse by-verse commentary, Johnson closely examines the theology of the two epistles, focusing especially on the topics of eschatology, holiness, and election in light of his missional reading of 1 and 2 Thessalonians. In his exegetical and theological analyses, Johnson considers canonical concerns, doctrinal commitments, ecclesial practices, proposals from contemporary systematic theology, and insights gleaned from the field of neuroscience regarding personal and community formation, all of which help to clarify and enrich readers' understanding of various passages.

## Wesleyan Perspectives on Human Flourishing

Wipf and Stock Publishers Human flourishing is an ever-expanding concept that crosses geographic, ethnic, cultural, and religious lines as persons, both individually and corporately, seek to find happiness, fulfillment, and purpose. This book brings together well-established and burgeoning Wesleyan scholars to consider not only John and Charles Wesley's understanding of human flourishing but the broader Wesleyan perspectives on contemporary issues such as calling, creation care, healthcare, education, technological enhancements, death and dying, and more. Throughout these chapters the complexities and challenges of life, both past and present, are explored and grappled with, and we are reminded over and over again that God is the ultimate source of flourishing.

## A Christian Approach to Counseling and Psychotherapy Christ-Centered, Biblically-Based, and Spirit-Filled

Wipf and Stock Publishers What does a Christian approach to counseling and psychotherapy involve? The 2021 Fuller Integration Symposium Lectures by Dr. Siang-Yang Tan, published in this book, cover this topic with the overall title of: "A Christian Approach to Counseling and Psychotherapy: Christ-Centered, Biblically Based, and Spirit-Filled." The three lectures in three chapters are on: (1) "A Christian Perspective on Human Nature and Effective Counseling and Psychotherapy"; (2) "Implicit and Explicit Integration in Christian Counseling and Psychotherapy: Christian Faith in Clinical Practice"; and (3) "The Role of the Holy Spirit in Christian Counseling and Psychotherapy."

## Practicing to Aim at Truth

### Theological Engagements in Honor of Nancey Murphy

**Wipf and Stock Publishers Beginning with her award-winning book *Theology in the Age of Scientific Reasoning* (1990), Nancey Murphy has used philosophy of science as a way into, and catalyst for, fresh thinking in cosmology, divine action, epistemology, cognitive neuroscience, theological anthropology, philosophy of mind, and Christian virtue ethics. The essays in this book, written by her students and colleagues, creatively honor Murphy by extending a number of her core insights within their respective disciplines. An introduction provides both an account of Murphy's unique location (an Anabaptist teaching at an evangelical graduate institution) and a summary of her contributions to theology as a philosopher of science whose corpus more than any other epitomizes the paradigm shift in philosophy sometimes called "Anglo-American postmodernity." Subsequently, fourteen essays provide unique engagements with Murphy on subjects including divine action, the interaction between science and theology, epistemology, the nature of humanity, and political theology. In its entirety, *Practicing to Aim at Truth* provides the first in-depth interaction with and extension of Nancey Murphy's unique school of thought, providing a resource both for those wishing to extend her research program as well as those wishing to understand it charitably in order to critique it.**

## Why Science and Faith Belong Together

### Stories of Mutual Enrichment

**Wipf and Stock Publishers As we try to understand ourselves and the world we live in, all too often we look first to science--and then, if gaps remain in our understanding, we try to fill the gaps with reference to God and our faith. Such a "god-of-the-gaps" approach has a long history and is sadly alive and well today. This book was written to provide an alternative approach, posing this basic question: How can educated Christians maintain their intellectual honesty and, at the same time, be faithful both to Scripture and to science? This book provides examples of some of the liveliest "science vs. faith" issues today and suggests ways to think constructively about each of them.**

# Religion for the 21st Century

**Persona Digital Books** This book provides a fresh perspective on world religions. I describe some of the more obvious religious traditions on the planet and note similarities and differences. I am writing brief descriptions as if I were a tour guide introducing a stranger to the history, real and imagined, of five of the more obvious religions. My wish is that even people who live in the cognitive box created by one group will take a vacation, fly outside of your container and enjoy an overview of humans - past, present, and future. If you can go beyond beliefs, faith, claims, arguments and the narcissism that afflicts all of us, then you ask: does membership in any religious group bring us closer to living in a peaceful, constructive, sustainable society? From the Preface Any discussion of religion invites misunderstanding and conflict. Humans have convened in small groups for thousands of years to celebrate, to appease evil spirits and to encourage good spirits to offer more privileges and benefits. Humans continue to dress up in costumes, beat drums, chant, sing, and dance and make offerings to innumerable gods. These celebrations help to maintain group unity and often induce euphoric feelings in the participants. While there has always been an archetypal form to these group activities, each local group develops its own version of myths, rituals and celebrations. The belief in spirits is the universal form. The names, number and idiosyncratic expressions of the spirits is the local content. If you consider “religious” expressions around the world and throughout, history, you would notice that there a number of basic themes with thousands of imaginative variations. You also notice that in every tribe, village or city, people believe they have special relationships with gods and spirits not enjoyed elsewhere. No discussion of religion will make sense until the importance of group identity is understood. Humans may sometimes look like individuals, but the truth is that all humans are members of local groups that determine what they know, how they communicate and how they treat other humans. Each local group develops stories, beliefs and rules. Collections of local groups with special beliefs into larger organizations are often described as “religion.” Members of local groups are described as “religious” if they recite group slogans, attend meetings and celebrations. Religions often claim special privileges for their members so that the term “religious” is used to claim advantages and superior moral authority where none actually exists. The tendency for selective, even exclusive, group membership is deeply embedded in the human mind and shows up everywhere and at all times. The key elements of group identity are recognizable appearance enhanced by costumes, common language, common beliefs and common behaviors, especially ritualistic behaviors.

# Evidence-Based Approaches in Positive Education

## Implementing a Strategic Framework for Well-being in Schools

**Springer** Based on action research and implementation at one of the world's great schools, this book provides a much-needed exploration of how to implement positive education at a whole school level. **Evidence-Based Approaches in Positive Education** summarises the integration of a whole-school mental health and well-being strategy, positive psychology programs and pastoral care models from 3 - 18 years of age. Positive education is the teaching of scientifically validated programs from positive psychology and character education that have an impact on student and staff well-being. It is an approach that focuses on teaching, building and embedding social and emotional learning throughout a student's experience. St Peter's College - Adelaide is the only institution in the world to integrate Martin Seligman's well-being theory throughout all aspects of both its strategic intent and positive education programs. The School's vision is to be a world-class school where all boys flourish. Its mission is to provide an exceptional education that brings out the very best in every boy. This is done within an intellectually and spiritually rich environment that nurtures international-mindedness, intercultural understanding, respect and a commitment to social justice. This book captures the developments of the St Peter's College journey. It focuses on the integration of well-being across seven strategic goals: Academics; Well-being; Student Life; Entrepreneurship; Innovation and Partnerships; People, Culture and Change; Sustainability and Environment; Community Engagement, Advancement, and Philanthropy. A uniquely Australian school, the impact of a St Peter's College education is to build great men: who believe safety, service and integrity and fundamental parts of their lives; who are active members of communities that are socially and culturally diverse; who engage in political, ethical, and environmental challenges as good citizens. Since 1847, St Peter's College alumni have had global and life-changing impact in all fields of human endeavour. The School's alumni include three Nobel Laureates, 42 Rhodes Scholars, Olympians and Archbishops, artists and scientists, educators and journalists, actors and politicians, philanthropists and physicians, CEOs, diplomats and soldiers, explorers, painters and poets. This book shares evidence-based practices and makes a substantial contribution to the rapidly developing field of positive

psychology and its application in schools.

## Formation for Life

# Just Peacemaking and Twenty-First-Century Discipleship

**Wipf and Stock Publishers** From all corners of the world, both inside cities and in the remote countryside, the cry for "just peace" rings out loud and strong. But, as many will note in this book, the cry for just peace isn't enough, for just peace requires active faith, working hands, and willing hearts. Gathered in this volume are essays written from a wide variety of perspectives, religious traditions, nationalities, and ages (from a sixteen-year-old high school student to an eighty-four-year-old senior professor) that seek to offer insight toward answering one question: How are "just peacemaking," faith formation, and discipleship connected within a twenty-first-century context?

## Compassionate Presence

# A Radical Response to Human Suffering

**Wipf and Stock Publishers** Compassion plays a central role in the teachings of all world religions. Christianity in particular demonstrates its vitality through compassionate engagement with those suffering with Christ serving as a paradigm and source of motive power. These concrete acts of mercy and solidarity disclose God's intimate regard for the welfare of humanity. The purpose of this book is to affirm compassion as the pulsating heartbeat of Christian theology and praxis through the hermeneutical perspectives of brain science, psychology, and practical theology. More importantly, it offers readers specific compassion cultivation practices that will nurture the trait of compassion as a way of incarnating God's compassionate presence and response to a world marked with suffering of all kinds.

# The Emergence of Personhood

## A Quantum Leap?

**Wm. B. Eerdmans Publishing** Despite the many well-documented similarities -- genetic, cognitive, behavioral, social -- between our human selves and our evolutionary forebears, a significant gulf remains between us and them. Why is that? How did it come about? And how did we come to be the way we are? In this book fourteen distinguished scholars -- including humanist, atheist, and theist voices -- address such questions as they explore how and when human personhood emerged. Representing various disciplines, the contributors all offer significant insights into new scientific research about the origins of human nature -- research that challenges some traditional views. **CONTRIBUTORS** Francisco J. Ayala Justin L. Barrett Roy F. Baumeister Warren S. Brown Richard W. Byrne Matthew J. Jarvinen Malcolm Jeeves Timothy O'Connor Lynn K. Paul Colin Renfrew Ian Tattersall Anthony C. Thiselton Alan J. Torrance Adam Zeman

## God's People Made New

## How Exploring the Bible Together Launched a Church's Spirit-Filled Future

**Fortress Press** **God's People Made New: How Exploring the Bible Together Launched a Church's Spirit-Filled Future** reveals the essential role of God's Word in forming a thriving congregation. Through the voices of congregants living in crisis and hope, creative investigation of biblical texts, and solid, accessible theological reflection, Rachael J. Powell offers hope for congregations. Readers will appreciate Powell's wise pastoral companionship through the often exasperating yet life-giving process of helping a congregation discern who and what they are called to be. Powell also suggests concrete tools for engaging the biblical text so congregations, in their own contexts, can listen for God's voice to empower them in their God-given identity. Finally, she calls on preachers to claim their role in this powerful

**work. God's People Made New demonstrates how through active engagement with God's Word, we are shaped, equipped, and empowered to be forces for God's good news. While uncertainty and fear abound in congregational life, this book will inspire congregations to enter into the power of Scripture through word and deed.**

## A Plea for Embodied Spirituality

## The Role of the Body in Religion

**SCM Press The body is crucial to religious life, but there has been little practical attention to how to make a helpful reality of this fact. Strong forms of philosophical dualism have been widely abandoned by post-war theologians in favour of a more integrated view of human nature, but guidance on the role of the body in Christian spirituality remains fragmentary. Focusing particularly on drawing out practical implications for religious life and ministry, this book will survey the many ways in which the body plays an important role in religions and spiritual life, drawing on scientific research, theology and philosophy.**

## The Reciprocating Self

## Human Development in Theological Perspective

**InterVarsity Press On the basis of a theologically grounded understanding of the nature of persons and the self, Jack O. Balswick, Pamela Ebstyn King and Kevin S. Reimer present a model of human development that ranges across all of life's stages. This revised second edition engages new research from evolutionary psychology, developmental neuroscience and positive psychology.**

## The Resounding Soul

## Reflections on the Metaphysics and Vivacity of the Human Person

**Wipf and Stock Publishers** It is surely not coincidental that the term "soul" should mean not only the center of a creature's life and consciousness, but also a thing or action characterized by intense vivacity ("that bike's got soul!"). It also seems far from coincidental that the same contemporary academic discussions that have largely cast aside the language of "soul" in their quest to define the character of human mental life should themselves be so--how to say it?--bloodless, so lacking in soul. This volume arises from the opposite premise, namely that the task of understanding human nature is bound up with and in important respects dependent upon the more critical task of learning to be fully human, of learning to have soul. The papers collected here are derived from a conference in Oxford sponsored by the Centre of Theology and Philosophy and together explore the often surprising landscape that emerges when human consciousness is approached from this angle. Drawing upon literary, philosophical, theological, historical, and musical modes of analysis, the essays of this volume vividly remind the reader of the power of the ancient language of soul over against contemporary impulses to reduce, fragment, and overly determine human selfhood.

## Echoes of Coinherence

## Trinitarian Theology and Science Together

**Wipf and Stock Publishers** This book re-imagines the universe (and the scientific study of it) through the lens of a triune Creator, three persons of irreducible identity in a perichoretic or coinherent communion. It modestly proposes that Trinitarian theology, and especially the coinherent natures of the Son in the incarnation, provides the metaphysic or "theory of everything" that manifests itself in the subject matter of science. The presence of the image of the triune God in humanity and of traces of this God in the non-human creation are discussed, highlighting ontological resonances between God and creation (resonances between the being of God and his creation), such as goodness, immensity-yet-particularity, intelligibility, agency, relationality, and beauty. This Trinitarian reality suggests there

should be a similarity also with respect to how we know in theology and science (critical realism), something reflected in the history of ideas in each. These resonances lead to the conclusion that the disciplines of theology and science are, in fact, coinherent, not conflicted. This involves recognition of both the mutuality of these vocations and also, importantly, their particularity. Science, its own distinct guild, yet finds its place ensconced within an encyclopedic theology, and subject to first-order, credal theology.

## Hope and Community

Wm. B. Eerdmans Publishing The culmination of Karkkainen's multivolume magnum opus This fifth and final volume of Veli-Matti Karkkainen's ambitious five-volume systematic theology develops a constructive Christian eschatology and ecclesiology in dialogue with the Christian tradition, with contemporary theology in all its global and contextual diversity, and with other major living faiths--Judaism, Islam, Buddhism, and Hinduism. In Part One of the book Karkkainen discusses eschatology in the contexts of world faiths and natural sciences, including physical, cosmological, and neuroscientific theories. In Part Two, on ecclesiology, he adopts a deeply ecumenical approach. His proposal for greater Christian unity includes the various dimensions of the church's missional existence and a robust dialogical witness to other faith communities.

## Tending Soul, Mind, and Body

## The Art and Science of Spiritual Formation

InterVarsity Press Jesus consistently demonstrated his concern and love for the whole person, and that task is carried forward today by church leaders. Based on the 2018 CPT conference, this volume brings together reflections by pastors, theologians, and psychologists who explore the relationships among three fields of study—theological anthropology, spiritual formation, and modern psychology—resulting in a vibrant whole-person theology.

# Bliss Brain

## The Neuroscience of Remodeling Your Brain for Resilience, Creativity, and Joy

Hay House, Inc Award Winner in the Science category of the 2020 Best Book Awards sponsored by American Book Fest Award-winning author and thought leader Dawson Church, Ph.D., blends cutting-edge neuroscience with intense firsthand experience to show you how you can rewire your brain for happiness-starting right now. Neural plasticity-the discovery that the brain is capable of rewiring itself-is now widely understood. But what few people have grasped yet is how quickly this is happening, how extensive brain changes can be, and how much control each of us has over the process. In *Bliss Brain*, famed researcher Dawson Church digs deep into leading-edge science, and finds stunning evidence of rapid and radical brain change. In just eight weeks of practice, 12 minutes a day, using the right techniques, we can produce measurable changes in our brains. These make us calmer, happier, and more resilient. When we cultivate these pleasurable states over time, they become traits. We don't just feel more blissful as a temporary state; the changes are literally hard-wired into our brains, becoming stable and enduring personality traits. The startling conclusions of Church's research show that neural remodeling goes much farther than scientists have previously understood, with stress circuits shriveling over time. Simultaneously, "The Enlightenment Circuit"-associated with happiness, compassion, productivity, creativity, and resilience-expands. During deep meditation, Church shows how "the 7 neurochemicals of ecstasy" are released in our brains. These include anandamide, a neurotransmitter that's been named "the bliss molecule" because it mimics the effects of THC, the active ingredient in cannabis. It boosts serotonin and dopamine; the first is an analog of psilocybin, the second of cocaine. He shows how cultivating these elevated emotional states literally produces a self-induced high. While writing *Bliss Brain*, Church went through a series of disasters, including escaping seconds ahead of a California wildfire that consumed his home and office and claimed 22 lives. The fire triggered a painful medical condition and a financial disaster. Through it all, Church steadily practiced the techniques of *Bliss Brain* while teaching them to thousands of other people. This book weaves his story of resilience into the fabric of neuroscience, producing a fascinating picture of just how happy we can

make our brains, no matter what the odds.

## The Fit Shall Inherit the Earth

### A Theology of Sport and Fitness

**Wipf and Stock Publishers** What does it mean, as a person of faith, to maintain and even strengthen one's physical body? What does it mean to "glorify God in your body" (1 Corinthians 6:20) in a time when bodily perfection is popularly defined by advertising firms, while food degradation has led to the worldwide obesity epidemic? This work addresses those questions and many others through theological engagement with fitness and sport, offering a critical examination of the two and their theological intersections. Where is God in sport and fitness? What value might sport and fitness have for the Christian Church? Is there a good to be found?

### Verbs, Bones, and Brains

### Interdisciplinary Perspectives on Human Nature

**University of Notre Dame Press** The last few decades have seen an unprecedented surge of empirical and philosophical research into the evolutionary history of Homo sapiens, the origins of the mind/brain, and human culture. This research and its popular interpretations have sparked heated debates about the nature of human beings and how knowledge about humans from the sciences and humanities should be properly understood. The goal of *Verbs, Bones, and Brains: Interdisciplinary Perspectives on Human Nature* is to engage these themes and present current debates, discussions, and discourse for a range of readers. The contributors bring the discussion to life with key experts outlining major concepts paired with cross-disciplinary commentaries in order to create a novel approach to thinking about, and with, human natures. The intent of the contributors to this volume is not to enter into or adjudicate complex philosophical issues of an epistemological or metaphysical nature. Instead, their common concern is to set aside the rigid distinctions between biology and culture that have made such discussions problematic. First, informing their approach is an acknowledgment of the widespread disagreement about such basic metaphysical and

epistemological questions as the existence of God, the nature of scientific knowledge, and the existence of essences, among other topics. Second, they try to identify and explicate the assumptions that enter into their conceptualizations of human nature. Throughout, they emphasize the importance of seeking a convergence in our views on human nature, despite metaphysical disagreements. They caution that if convergence eludes us and a common ground cannot be found, this is itself a relevant result: it would reveal to us how deeply our questions about ourselves are connected to our basic metaphysical assumptions. Instead, their focus is on how the interdisciplinary and possibly transdisciplinary conversation can be enhanced in order to identify and develop a common ground on what constitutes human nature.

## Contemplative Practices in Action

### Spirituality, Meditation, and Health

**ABC-CLIO** This groundbreaking primer illuminates contemplative methods that can improve mental and physical health. \* Foreword by renowned author and scholar Huston Smith, subject of the five-part PBS special, *The Wisdom of Faith with Huston Smith* \* Contributions from 13 expert authors \* Case studies showing how contemplative practices are being used to cope with modern stress and disorders among groups as diverse as caregivers, pregnant women, people living with HIV, and veterans dealing with PTSD

## Mind Wide Open

### Your Brain and the Neuroscience of Everyday Life

**Simon and Schuster** BRILLIANTLY EXPLORING TODAY'S CUTTING-EDGE BRAIN RESEARCH, MIND WIDE OPEN IS AN UNPRECEDENTED JOURNEY INTO THE ESSENCE OF HUMAN PERSONALITY, ALLOWING READERS TO UNDERSTAND THEMSELVES AND THE PEOPLE IN THEIR LIVES AS NEVER BEFORE. Using a mix of experiential reportage, personal storytelling, and fresh scientific discovery, Steven Johnson describes how the brain works -- its chemicals, structures, and subroutines -- and how these systems connect to the day-to-day realities of individual lives. For a hundred years, he says, many of us have assumed that the most powerful route to self-knowledge took the form of lying on a couch,

talking about our childhoods. The possibility entertained in this book is that you can follow another path, in which learning about the brain's mechanics can widen one's self-awareness as powerfully as any therapy or meditation or drug. In *Mind Wide Open*, Johnson embarks on this path as his own test subject, participating in a battery of attention tests, learning to control video games by altering his brain waves, scanning his own brain with a \$2 million fMRI machine, all in search of a modern answer to the oldest of questions: who am I? Along the way, Johnson explores how we "read" other people, how the brain processes frightening events (and how we might rid ourselves of the scars those memories leave), what the neurochemistry is behind love and sex, what it means that our brains are teeming with powerful chemicals closely related to recreational drugs, why music moves us to tears, and where our breakthrough ideas come from. Johnson's clear, engaging explanation of the physical functions of the brain reveals not only the broad strokes of our aptitudes and fears, our skills and weaknesses and desires, but also the momentary brain phenomena that a whole human life comprises. Why, when hearing a tale of woe, do we sometimes smile inappropriately, even if we don't want to? Why are some of us so bad at remembering phone numbers but brilliant at recognizing faces? Why does depression make us feel stupid? To read *Mind Wide Open* is to rethink family histories, individual fates, and the very nature of the self, and to see that brain science is now personally transformative -- a valuable tool for better relationships and better living.

## I Told Me So

## Self-Deception and the Christian Life

Wm. B. Eerdmans Publishing Think you've ever deceived yourself? Then this book is for you. / Think you've never deceived yourself? Then this book is really for you. / Socrates famously asserted that the unexamined life is not worth living. But Gregg Ten Elshof shows us that we make all sorts of little deals with ourselves every day in order to stave off examination and remain happily self-deceived. Most provocatively, he suggests this is not all bad! While naming its temptations, Ten Elshof also offers a strange celebration of self-deception as a gracious gift. In the tradition of Dallas Willard, *I Told Me So* is a wonderful example of philosophy serving spiritual discipline. A marvelous, accessible and, above all, wise book. James K. A. Smith / Calvin College / author of *The Devil Reads Derrida* / In this wise, well-crafted work Ten Elshof helps us to identify, evaluate, and respond to our own self-deceptive strategies, as he probes with

occasional self-deprecation and unavoidable humor the bottomless mysteries of the human heart. His reflections on interpersonal self-deception and groupthink are especially helpful. To tell me the truth, I m glad I read this book. You will be too I promise. David Naugle / Dallas Baptist University / author of Reordered Love, Reordered Lives / Ten Elshof s discussions are erudite, biblical, searching, and laced with soul-restoring wisdom. All of this together means that this book is solidly pastoral. What it brings to us is appropriate to individuals, but it especially belongs in the context of small groups and local congregations. Dallas Willard (from the foreword)

## Anatomy of the Soul

# Surprising Connections between Neuroscience and Spiritual Practices That Can Transform Your Life and Relationships

**Tyndale House 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.**