



Mindscape: What to Think about Instead of Worrying (Paperback)

By Timothy J Witmer

New Growth Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Mindscape builds a practical action plan for changing your mental landscape and your life based on Paul's rich exhortation in Philippians 4:8. Author Tim Witmer draws from thirty years of experience in helping worried people apply Scripture to their lives to present a clear, biblical, and deeply pastoral guide to replacing worry with a new way of thinking. Mindscape is not a self-help book or an academic tome on behavioral theory. It is a real-world guide to the transformation that Jesus works in us as we go to him in faith and ask for his power to change, to listen, and to think differently. Chapter-by-chapter application questions make Mindscape perfect for personal reflection or small group use.



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