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Rethink How You Think: How to Create Lasting Change Today

Dr. David Stoop

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Ready to change your life forever?

Did you know most of our behaviors are in place by the time we are six years old? No wonder it's so hard to break out of old patterns! But there is a secret to personal transformation that God gave us long before modern neuroscience and self-help gurus were the norm.

Rethink How You Think shows you the true way to lasting change--the renewing of your mind. Bestselling author Dr. David Stoop explains how you can move from:

· fear to love
· resentment to gratitude
· lust to purity
· idolatry to contentment
· mistrust to trust
· loneliness to connection

Through faithful meditation on Scripture and with God's help, you can permanently change your life--starting right now.

"David Stoop draws from scientific research and spiritual understanding to show us how to achieve change that lasts. You can experience the power of positive transformation."--**Dr. Gary Smalley**, author of The DNA of Relationships

"Dave Stoop has helped thousands with his bestselling You Are What You Think. In Rethink How You Think, he provides a simple path to change your life by changing how you think and what you think about."--**Stephen Arterburn**, founder and chairman of New Life Ministries, cohost of New Life Live, and bestselling author of the Every Man series

Dr. David Stoop is a licensed clinical psychologist and the author of more than twenty books, including You Are What You Think and Forgiving the Unforgivable. He lives with his wife, Jan, in California, where he has his counseling practice. Find out more at www.drstoop.com.

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Calvin Baker:

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Neil Dussault:

In this age globalization it is important to someone to get information. The information will make you to definitely understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of sources to get information example: internet, newspaper, book, and soon. You can see that now, a lot of publisher that print many kinds of book. The actual book that recommended for you is Rethink How You Think: How to Create Lasting Change Today this book consist a lot of the information from the condition of this world now. This book was represented how do the world has grown up. The terminology styles that writer use for explain it is easy to understand. The writer made some study when he makes this book. That's why this book suited all of you.

Dawn Nelson:

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