



Your Faithful Brain: Designed for So Much More!

Leonard Matheson

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Do you want more out of life? In *Your Faithful Brain*, Dr. Matheson introduces several powerful brain capacities that can be harnessed through an active relationship with God. You can take advantage of these capacities by developing a "faithful brain" Using more than four hundred recent neuroscientific references, Dr. Matheson makes the case for the life and teaching of Jesus as your optimal path to brain health and fitness. Dr. Matheson explains how to handle anxiety, depression, and trauma and move toward Jesus' promise of "life to the full" You will experience hope and joy and peace as you grow beyond your circumstances. Thought-provoking and exciting, *Your Faithful Brain* aligns neuroscience with the Biblical narrative of redemption. Faith and neuroscience belong together, because your spiritual and physical lives must be integrated to optimize health and longevity.

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Sylvia Johnson:

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Louetta Cantrell:

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Edgar Workman:

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Jack McCurdy:

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