

1. Record Nr.	UNINA9910798327803321
Autore	Copan Victor A.
Titolo	Changing your mind : the Bible, the brain, and spiritual growth / / Victor Copan
Pubbl/distr/stampa	Eugene, Oregon : , : Cascade Books, , 2016 ©2016
ISBN	1-4982-7405-6
Descrizione fisica	1 online resource (312 p.)
Disciplina	248.4
Soggetti	Spiritual formation Mind and body - Religious aspects - Christianity Spiritual direction - Biblical teaching Spiritual life - Christianity Religion and science
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Pages:1 to 25; Pages:26 to 50; Pages:51 to 75; Pages:76 to 100; Pages:101 to 125; Pages:126 to 150; Pages:151 to 175; Pages:176 to 200; Pages:201 to 225; Pages:226 to 250; Pages:251 to 275; Pages:276 to 300; Pages:301 to 312
Sommario/riassunto	This book takes you on a journey that unpacks and demystifies what spiritual growth is and how it unfolds. The aim is to set you on your own path toward genuine, personal spiritual transformation. The book provides all the tools you need--biblical, scientific, and practical--so that you can develop your own pathway for spiritual growth. What is unique about Victor Copan's approach to spiritual growth is that he explores recent findings of brain research as well as scientific research on habit formation and brings them into conversation with the process of spiritual formation. Research on the b