



## **Rethink How You Think: How to Create Lasting Change Today**

*David Stoop*

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Did you know most of our patterns of behavior are set by the time we are six years old? No wonder it's so hard to change! Even when we're committed to making a change in life, it's always an uphill battle. But there is a secret to lasting change that God gave us long before modern neuroscience and self-help gurus were the norm.

*Rethink How You Think* is for anyone who has been frustrated by an inability to change habits, overcome fears, or keep up new healthy patterns of living and thinking. Dr. David Stoop shows readers that the true way to lasting change is in the renewing of our minds, which we accomplish when we faithfully read God's Word and meditate on it daily. He clearly shows how to move from fear to love, from resentment to gratitude, from lust to purity, from loneliness to connection, from idolatry to contentment, and from mistrust to trust. Anyone eager to find change that lasts will welcome this practical and encouraging message.

## Rethink How You Think: How to Create Lasting Change Today Details

Date : Published January 21st 2014 by Fleming H. Revell Company (first published January 14th 2014)

ISBN : 9780800722555

Author : David Stoop

Format : Paperback 197 pages

Genre : Nonfiction, Christian, Self Help



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# From Reader Review Rethink How You Think: How to Create Lasting Change Today for online ebook

## Heidi The Hippie Reader says

I received a free copy of this book through Goodreads First Reads. FTC guidelines: check!

This book was not for me. I came to that conclusion on page 71 when the author takes a passage from Luke to explain why it's dangerous to practice transcendental meditation or other mind clearing techniques like mantra repetition. I felt he even implied more than dangerous- more like soul threatening. I read the rest of the book because I wanted to be able to write a fair review, but my heart wasn't really in it after that.

Dr. Stoop mixes science with religion but in a jarring fashion rather than a harmonious way. The passages jump from scientific descriptions of the brain, how it functions, what's a neuron, the chemical mix of the brain and how it affects us to Biblical passages, personal religious interpretations of such quotes, and affirmations about the all-powerful nature of God and the sinfulness of mankind. I think I would have appreciated this book more if it had been all science or all devotional. The mix of the two didn't appeal to me.

Dr. Stoop believes that the way to a righteous life and a new brain is to read, absorb, and contemplate the scriptures that apply to whatever problem that you are experiencing in your life. In that way, you will transcend your own faulty way of being and exchange that for God's way- the way you were always meant to live. He gives appropriate Biblical quotes to study so that the reader can change "fear to love," "anger to forgiveness," "loneliness to connection," "lust to intimacy," "modern idolatry to contentment," and "life's trials to joy."

This book may not have been up my alley, but Dr. Stoop did have some positive suggestions and behavioral changes to deal with life's problems rather than remaining stuck forever in dysfunction. If this book is too heavy-handed for you, you may enjoy "The Seven Victories of the Divine Child" by Michael Jones which is also a spiritual guide for positive change but, in my opinion, more successful in the transmission of the author's knowledge and beliefs.

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## Sah Angoluan says

I really like this book, although sometimes this book does build up my anxiety... but this book is definitely a worth of your time. It contains many lessons that might help people like me and it contains many life lessons. There are tons of it, but one of it is this... I don't know what chapter this is but I liked this one...

" The LORD is my light and my salvation-  
so why should I be afraid?

The LORD is my fortress, protecting me from danger,  
so why should I tremble?

When evil people come to devour me,  
when my enemies and foes attack me,  
they will stumble and fall.

Though a mighty army surrounds me,

my heart will not be afraid.  
Even if I am attacked,  
I will remain confident.  
He will cover you with his feathers,  
He will shelter you with his wings.  
His faithful promises are your armor and protection.  
Do not be afraid of the terrors of the night,  
nor the arrow that flies in the day.  
Do not dread the disease that stalks in darkness,  
nor the disaster that strikes at midday.  
They do not fear bad news:  
they confidently trust the LORD to care for them.  
Say to those with fearful hearts,  
"Be strong, and do not fear.  
for your God is coming to destroy your enemies.  
He is coming to save you.  
Don't be afraid, for I am with you.  
Don't be discouraged, for I am your God.  
I will strengthen you and help you.  
I will hold you up with my victorious right hand.  
Fear not; you will no longer live in shame.  
Don't be afraid, there is no more disgrace for you.  
Who would not fear you, O King of nations?  
That title belongs to you alone!...  
There is no one like you.  
Yes, you came when I called;  
you told me. "Do not fear.

This is a great book.... If you are suffering on any kind of emotions or doubt read this book... :D

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### **Meriah says**

I own my fair share of self-help books. I am always interested to read other's approaches to living a fulfilling life.

Like most self-help books, this one begins with antidote that draws you into the author, allows you to form some connection with him before you begin YOUR journey to living a more fulfilling life. You can see the author's struggle with living a more fulfilling life by altering the way he perceives and reacts to the world around him.

Through religion and scripture, David Stoop, takes on a journey of deeper understanding of the life we are meant to live and ENJOY.

If you have children and are of Christian faith (or, in my case even if you're not!) you can gain so much insight from this book.

In terms of self-help books, this will be amongst my collection for years to come!

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### **Blaze Black says**

This book is a great launchpad for real and positive change. It is too easy to dismiss most of the science contained within its pages as mere fluff, but if you cast a curious, composed and keen eye on its contents, you will start to appreciate the true value of the helpful information that Dr Stoop generously shares.

Sometimes it takes more than one read to truly relate to a book and I would and will gladly go back and soak my mind into this book again and again, until all the words that I deem transformative become entrenched within my psyche and become part of my disposition.

Then why a 4 and not 5 star rating? Well that's a simple enough question to dispense with. I believe that as great as this book is, the chapter on lust fails to deliver real life impactful instructions or substantive evidence as a workable example to use. It does not convincingly nor practically answer how a lustful mind can really change and that for me equates to the subtraction of 2 whole stars, especially when one considers how heavily the problem of lust weighs on humanity.

With that said, you get a lot of golden material that will add its worth in your quest for the renewal of your mind.

I recommend this book, now and later.

May you be richly rewarded.

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### **Joan says**

Paul says we are a new creation when we become a Christian. But we struggle as our relationship with Christ just does not seem to change some areas about us. Stoop says the key is the renewing of the mind. He gives all the tools in this book to do that. But, he says, it takes discipline. Thirty minutes a day at least four days a week is a minimum. So, yes, the tools are in this book, but one has to want to make the effort. otherwise, it is an interesting book but one will not benefit from it. See my full review at <http://bit.ly/1nC90XL>.

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