



For As I Think in My Heart - So I Am: Combining Biblical Counseling with Cognitive Behavioral Therapy

By Edward D Andrews

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In *For As I Think in My Heart--So I Am: Combining Biblical Counseling with Cognitive Behavioral Therapy*, Edward D. Andrews offers practical and biblical insights on a host of issues, from the challenge of forgiveness to eating disorders, anger, alcoholism, depression, anxiety, and many others. Based on Proverbs 23:7 (NKJV): "For as he thinks in his heart, so is he," Andrews' text works from the position that if we can change the way that we think, we can change the way that we behave.

For As I Think in My Heart enables readers to examine the lies and half-truths they tell themselves repeatedly; lies, which as one argues, contribute to mental distress and a wide range of issues in their lives. In this text, Andrews seeks to wash those lies with biblical truth by combining biblical counseling with cognitive-behavioral therapy "in an effort to better understand our human condition" and give readers tools to face these challenges.

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Editorial Review

From the Author

THIS IS BENEFICIAL FOR ALL CHRISTIANS?

- (1) 10 out of 20 chapters and two Appendices are applicable to **every** Christian
- (2) The OTHER 10 out of 20 chapters deal with specific problems that most of us have faced in our lives, or may face in the future.
- (3) Even if these other 10 chapters are not an issue we have, **all** Christians are moved by love to help their family, spiritual brothers and sisters, as well as our neighbor, even our enemy, not to mention evangelize to those, who suffer

HELP THOSE WHO STRUGGLE AND SUFFER

1 Corinthians 10:24 English Standard Version (ESV)

24 Let no one seek his own good, but the good of his neighbor.

Philippians 2:4 English Standard Version (ESV)

4 Let each of you look not only to his own interests, but also to the interests of others.

Matthew 5:43-44 English Standard Version (ESV)

43 "You have heard that it was said, 'You shall love your neighbor and hate your enemy.' 44 But I say to you, Love your enemies and pray for those who persecute you,

About the Author

EDWARD D. ANDREWS (AS in Criminal Justice from Zane State, BS in Religion at Liberty Baptist Theological Seminary, MA in Biblical Studies at Temple-Baptist Seminary, and MDiv in Theology at Liberty Baptist Theological Seminary) is CEO and President of Christian Publishing House. He has authored forty-four books and coauthored and updated and expanded three books, as well as over 200 articles.

Users Review

From reader reviews:

Gerald James:

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Juan Moses:

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Cynthia Campbell:

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John Dussault:

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