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Anatomy of the Soul: Surprising Connections Between Neuroscience and Spiritual Practices That Can Transform Your Life and Relationships Curt Thompson MD (Author), Sean Pratt (Narrator), Tantor Audio (Publisher)

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Insightful and challenging, Anatomy of the Soul illustrates how learning about one of God's most miraculous creations@your brain@can enrich your life, your relationships, and your impact on the world around you.

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© Curt Thompson, Anatomy of the Soul: Surprising Connections between Neuroscience and Spiritual Practices That Can Transform Your Life and Relationships ©But narratives are not the only instruments within Scripture that can help us integrate our minds and lives. Poetry is another powerful literary tool.

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Anatomy of the Soul by Curt Thompson, MD, a psychiatrist intrigued me as it lands squarely in the middle of the integration of modern mental health science and spirituality.

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"Anatomy of the Soul" by Dr. Curt Thompson claims that it is possible to "rewire your mind" to change your life and have better relationships with others and with God. The premise of the book seemed interesting because it melds science and faith together, and I'm all for improving relationships.

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Thompson borrows John Calvin's description of the Psalter as an Anatomy of the Soul. His book illustrates how our minds embody our physical self, that is profoundly relational, regulates our flow of energy, and is interconnected with other's minds.

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I found Anatomy of the Soul: Surprising Connections between Neuroscience and Spiritual Practices That Can Transform Your Life . . . to be an interesting, engaging, enlightening, and insightful look into the connection between mind and spirituality. This book is not a light read, but it is engrossing and well worth making your way through.

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