



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

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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