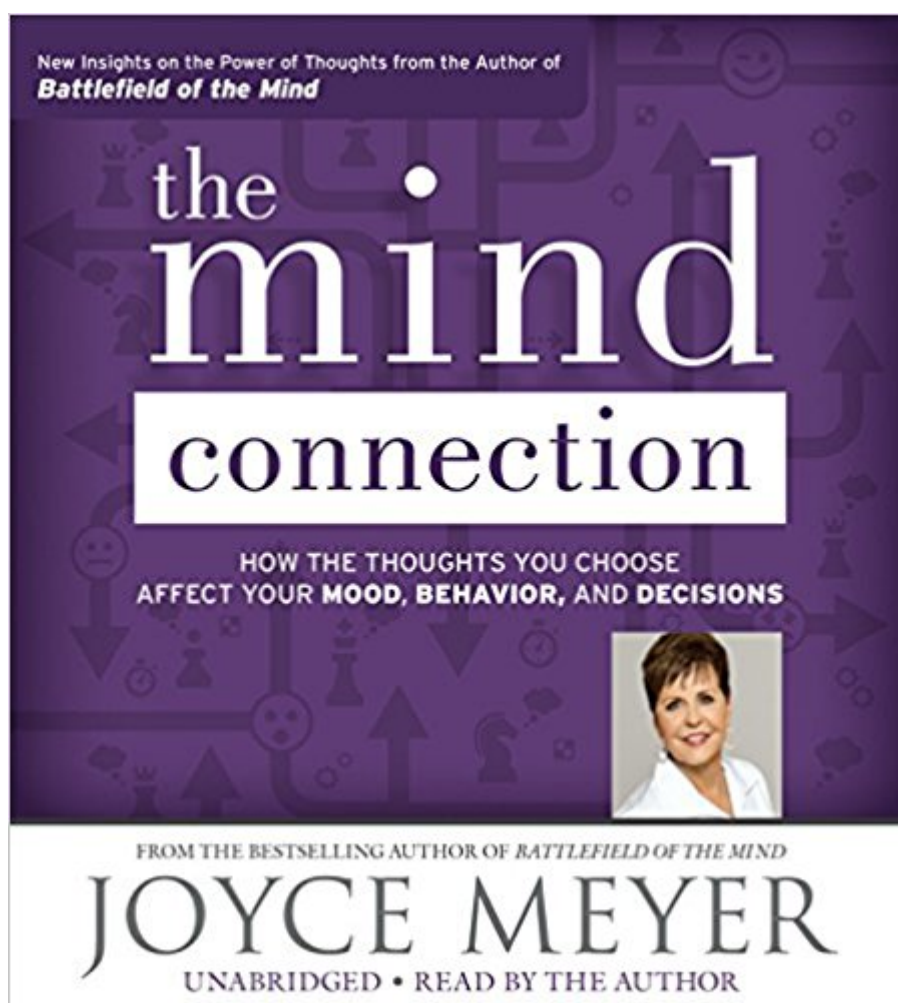


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# The Mind Connection: How The Thoughts You Choose Affect Your Mood, Behavior, And Decisions



## Synopsis

Joyce Meyer, #1 New York Times bestselling author, explores the power of positive thinking and the undeniable connection between the mind, mouth, moods, and attitudes. Thoughts can seem random and meaningless, but they impact your life every day. It's all connected. What you think affects your words, attitude, decisions, and emotions and influences how you relate to yourself, to other people, and to God. In *THE MIND CONNECTION*, Joyce Meyer expands on the wisdom of her bestselling books *Battlefield of the Mind* and *Power Thoughts* to explain how to improve the quality of your thoughts and your life. She explores the undeniable connection between the mind, mouth, moods, and attitudes, so that you can develop and maintain the right mental position--no matter what challenges you face. Through practical advice and Scriptural insights, Joyce will help you learn to think with purpose, gain greater confidence, and claim the fulfilling life you were meant to lead.

## Book Information

Audio CD

Publisher: Faith Words; Unabridged edition (September 1, 2015)

Language: English

ISBN-10: 1611132584

ISBN-13: 978-1611132588

Product Dimensions: 5.2 x 1 x 5.8 inches

Shipping Weight: 5 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 218 customer reviews

Best Sellers Rank: #126,938 in Books (See Top 100 in Books) #42 in [Books > Books on CD > Religion & Spirituality > Christianity](#) #89 in [Books > Books on CD > Religion & Spirituality > General](#) #1010 in [Books > Christian Books & Bibles > Christian Living > Personal Growth](#)

## Customer Reviews

I would recommend this to anyone serious about becoming a true follower and disciple of Christ as it will greatly impact you. --iBelieve Magazine --This text refers to the Hardcover edition.

JOYCE MEYER is a #1 New York Times bestselling author and one of the world's leading practical Bible teachers. *Enjoying Everyday Life* airs daily on hundreds of television networks and radio stations worldwide. Joyce has written nearly 100 inspirational books. Bestsellers include *God Is Not Mad at You*; *Making Good Habits, Breaking Bad Habits*; *Living Beyond Your Feelings*; *Power*

Thoughts; Battlefield of the Mind; and The Confident Woman. Joyce travels extensively, holding conferences throughout the year, speaking to thousands around the world. Learn more:

[JoyceMeyer.org](http://JoyceMeyer.org)

It's so easy to become tangled up in our own thoughts. Even while I was reading *The Mind Connection*, my mind would begin to wander, thinking of all the activities I needed to accomplish after finishing this one chapter. Which, in turn, would force me to read the chapter slower and get to the rest of my day at a later time. In *The Mind Connection*, Joyce Meyer speaks to the reader regarding the connection between our thoughts, words, and actions. Each thought we have can and will come through when we mull something over – may it be good or bad. No matter how hard we try to keep our thoughts internal, they will find a way to come forth. Using Scripture, personal stories, and reflection, Meyer provides suggestions on how to clear the mind from the clutter that can come with too many thoughts. As she points out in her book, we cannot control what others say, think, or do, but we can control ourselves. Though it may not be easy, with God's help all is possible. And in turn, while we are not here to control the change in another person, we can be aware that God is able, and to leave it in His hands. One of my favorite lines, near the end of the book, sums up the book for me in so many ways.

“It is true that what is in our heart comes out of our mouth, but it is also true that what we speak out of mouths will get into our hearts. Our thoughts are connected to our words, and our words reveal what we keep within our heart. Broken into four sections with multiple chapters in each, *The Mind Connection* breaks down how to look within and outside of ourselves. Each chapter is set up in a similar fashion, providing stories and Scripture to provide evidence to her argument. Knowing that Meyer is a gifted speaker, I read each chapter as though she were speaking directly to me, hearing the emphasis on certain words, the stories becoming sharper, and going away from a chapter eager to start the next one. Throughout the book, I was able to reflect on my own thoughts, and how my words affected either my own actions, or how I reacted to those around me. This did cause my mind to wander which is one of the things she speaks of! but I was able to reign myself back in, taking notes along the way or dotting down where to go back to in the book. Part of the book's charm is that it does not appear to be intended to just be read straight through. Each chapter is its own work. While she may reflect back on a story or issue she had spoken of previously, it is not necessary to read it straight through; and it provides a good reference when you feel your thoughts starting to tangle up again! *The Mind Connection* works to get to the heart of why we think the way

we do, and how those thoughts are connected to our feelings about ourselves, and others. Or how our internal thoughts are connected to our external characteristics. Meyer's book gives good food for thought, and practical situations to help clear our thoughts, and work with God to become the person he knows us to be.

I enjoyed and learned a great deal listening to this book on CD. It is so good. I gave the CD's to a friend and sent 4 other people the book to read. The mind connection is one of her best books in my opinion. I have made some great improvements in my own life.

I truly love the preaching of Joyce Meyer. Get your thoughts in order, and your actions and desires will follow.

I haven't read this book yet, but I know I am going to learn a lot, because Joyce Meyer explains everything so well.....She is crystal clear!

Great book. Joyce Meyer is an awesome teacher of the Word of God. This is just another one of her awesome books.

The inspiration the Joyce Meyer shares is always a gift when she speaks from the pulpit or with the written words in her books. Ms. Meyer provides deep insight to the most important person in your life, you and how we control our destiny and personal decisions. Only through prayer and thoughtful contemplation can we realize our true potential and act upon our God given gift to live every day to its fullest. Through words of wisdom, personal experience, stories shared by others, and reminding us to be still and listen to the greatest voice of all. As you move from chapter to chapter you realize that the person Joyce is speaking to is you and reminding that you need to do the right amount of living to be fulfilled. Chasing after one more thing will not make you happy it will just keep you moving in the wrong direction. Every book written by Joyce Meyer brings a new set of life lessons that every person should never stop learning.

Always a wonderful read. This was a gift but I was told it was great.

Yay Joyce Meyer love this book  
Carole Joy Pluta

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