



# **Verander jou kop, verander jou lewe (eBoek): Die skakel tussen jou brein en jou geloof (Afrikaans Edition)**

*Stephan Joubert*

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Spreuke 4:23 sê: “Wat jy dink, bepaal alles wat jy doen.” Stephan Joubert wys in VERANDER JOU KOP, VERANDER JOU LEWE dat hierdie woorde nie verniet in die Bybel staan nie. Jou brein het die vermoë om jou lewe te verander wanneer jy jou denke in ’n nuwe rigting stuur.

Stephan wys in hierdie boek vir lesers hoe uniek en spesiaal God ons gemaak het. Hy wys lesers hoe hulle hulle geloof kan verdiep en mekaar beter kan verstaan deur kennis van hoe die brein werk. Hy gaan kyk na interessante dinge rondom die brein en sy werking, soos:

- Jou brein het die potensiaal om lewenslank te groei en te ontwikkel.
- Negatiewe taal beskadig nie net ander se lewens nie, dit beskadig ook jou brein.
- Die struktuur van mans en vroue se brein verskil, en daarom doen ons dinge verskillend.
- Omdat plastisiteit van die brein afneem in ouerwordende persone, kan dit tot hardkoppigheid of SOCIAL RIGIDITY aanleiding gee.

In hierdie boek sal lesers die skakel ontdek tussen hulle brein, hulle elkedagse lewe en hulle geloof. Want die Bybel sê ons moet God liefhê met ons hele hart en al ons denke en VERANDER JOU KOP, VERANDER JOU LEWE sal lesers help om ook met hulle brein tot bekering te kom.

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