



Psycho Bible

J. Barry Wilson MA LCPC

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Upon completing his graduate degree on mental health treatments, therapist and pastor J. Barry Wilson noticed a familiar thread running through each respected model. From Victor Frankle's search for the meaning in life, Albert Ellis's paradigm for changing how we think, and Piaget's developmental models, it dawned on Wilson that the core of all of this psychobabble held acumen and design from the greatest historical influence of all time--the Bible. Besides Christian practitioners, many psychologists or psychotherapists today may dismiss the Bible as a book of religious storytelling with little or no relevance to the twenty-first century. But in Psycho-Bible, Wilson reveals the timeless wisdom from which much of modern psychotherapy borrows its fundamental models. With a folksy, straightforward writing style that blends the counseling theory with biblical principles, the applications pertinent to mental health in today's hectic world will be at your fingertips. Whether you are an academic or a regular Christian, Wilson reveals with ease the relationship between psychology and biblical reference. Remember: It's not another book of psychobabble; it's Psycho-Bible.

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