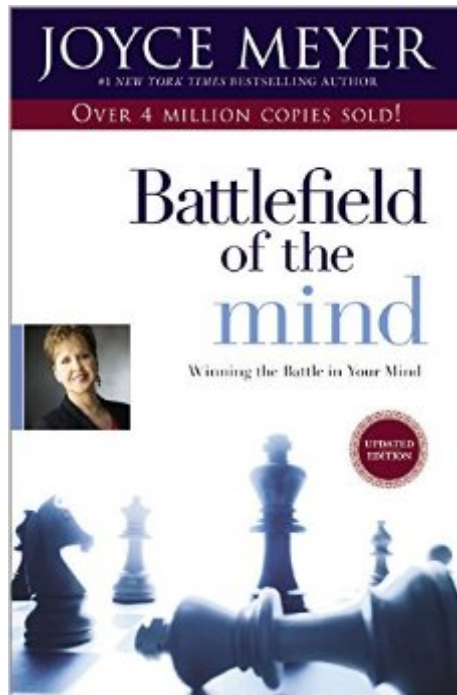


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# Battlefield Of The Mind: Winning The Battle In Your Mind



## Synopsis

Worry, doubt, confusion, depression, anger and feelings of condemnation: all these are attacks on the mind. If readers suffer from negative thoughts, they can take heart! Joyce Meyer has helped millions win these all-important battles. In her most popular bestseller ever, the beloved author and minister shows readers how to change their lives by changing their minds. She teaches how to deal with thousands of thoughts that people think every day and how to focus the mind the way God thinks. And she shares the trials, tragedies, and ultimate victories from her own marriage, family, and ministry that led her to wondrous, life-transforming truth--and reveals her thoughts and feelings every step of the way. This special updated edition includes an additional introduction and updated content throughout the book.

## Book Information

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## Customer Reviews

First to know, this is a religious-based book. The author, Joyce Meyer, is a popular Christian author and speaker. Her television and radio programs air in many languages and countries. She has also written many books on Christianity, this being one of the more popular. Battlefield of the Mind is about solving some of the common problems we all encounter in life, such as depression, anger, or worry, by getting you to examine the way you think about things, or as the book puts it, "you need to begin to think about what you are thinking about." And that's basically the goal of the whole book. Other major points include: -our actions are a direct result of our thoughts. -thoughts take place in your mind, so your mind is in essence "the battlefield"-if you have a negative mind, you will have

a negative life-on the other hand, if you renew your mind according to God's Word, you will have a positive life. Much of the book is devoted to getting the reader to change their thinking and discusses how to tear down the "strongholds" that the devil tries to set up in the mind. Joyce uses parables and many personal examples along the way- which makes the book very interesting to read. In sum, if you're stuck in a rut for any number of reasons, and are looking for a book with a religious tone to help you out- I think it's a good choice. Also recommend *The Prayer Project: How Each One of Us Can Make The World a Better Place to Live - In a Few Minutes a Day*. Peace.

I received a teaching once that basically said that when you get right down to it the Devil really only has two methods for tempting us: 1. Pressure 2. Pleasure. The Devil has three maxims which allow him to pull this off: 1. You (your own thoughts, bad habits, etc.) 2. The environment (Government, religious oppression, the systems of the world, etc.), and 3. Other people. Joyce Meyer's "Battlefield Of The Mind" is mostly geared at the one maxim each of us have the most control over (You, yourself, your thoughts, and YOU). Joyce masterfully explains how that old Adversary The Devil works by waiting for the right moment (he's not only a parasite but he's also a predator). He waits to see where you're weak, when your most vulnerable moment is, and he waits for that moment to attack. The Bible says "Resist the Devil and he will flee from you." Perfect example is Luke chapter 6, The devil waits for Jesus to be 40 days and nights in the wilderness before he attacks. He didn't come the first day to attack him when our Lord was at his strongest. Oh no, our adversary doesn't play fair; he bides his time and waits for your weakest moment and attacks. Jesus resisted him and the devil fled from him (for awhile). Best thing is we have victory through our risen Lord this very day if we claim it. Joyce does a great job of illustrating this in this book (though I don't know if she used the Luke example I used above or not). I really got a lot of insight from this book. For example, one of the concepts in the book (in my own words) was "what comes out of your mouth had to originate in your brain." Sounds simple enough, but Joyce had a masterful way of describing every thought we commonly have today and referring it to biblical passages. About half way through the book I began to realize that the grumbling, griping, complaining, and various other human emotions and thoughts I have are not uncommon to our time. The children of Israel went through these same emotions and they are all recorded in God's Word. I used to ponder how stupid these people must have been, but now I can see myself in them. It really was a humbling experience! Many of us make the same mistake over and over again and ask God, "Why don't you do something?" Truth is God has always been willing to help us. We are the ones who get in God's way by not bringing our thoughts into the obedience of Christ (2 Corinthians 10:5). Read this book and find out how you can

change and train your mind to shut the door on The Devil and how to allow God to do what he's always been willing to do. BLESS YOU!!! Hebrews 13:5b "for he hath said, I will never leave thee, nor forsake thee." P.S. This book comes in many formats. There's the traditional version, teen version, devotional version, etc. It doesn't matter which one you use. Just read one of them. You will be blessed.

Clearly written and biblically based, Joyce Meyer lays out the principles to stop the negativity in one's thinking, from the endless loop of senseless chatter that drifts through the mind to the ingrained fragments of resentment that might have festered for years, to the "wilderness mentality" that sets up road blocks to what the Lord wants us to do. The advice she gives is to the point and easily understood, and if one is willing, easily implemented too. It is ideal for anyone starting out on the Christian path and also has invaluable reminders for those who have been whittling the chaff away from the wheat for years, as there is always a corner of our minds that can use a little extra sweeping. "You cannot have a positive life and a negative mind" (pg. 12). Joyce Meyer cites many personal stories to illustrate her points with much honesty, and describes the tools she used to combat her personal battles of the mind and achieve balance in her life; Mental discipline of course is a never-ending battle, making the advice in this book (which can be applied to any faith) useful for our own well-being, as well as reflect in our relationships. "People living in the vanity of their own mind not only destroy themselves, but far too often, they bring destruction to others around them" (pg. 278). Depression, confusion, doubt, fear, anxiety, "a judgmental, critical and suspicious mind", are all states that hold happiness and peace away from us, and the cure starts with self-observation and the renewal of the mind. Let Joyce help make the crooked path of one's daily thoughts straight with this well written and insightful book.

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