



A Christian Look at Psychology Topics

Lisa Bedrick

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The study of psychology has always fascinated me. I used to spend hours every day reading Christian psychology books, about sexual abuse, about how people interact, about why we do what we do etc. What I have written on various topics is partly what I learned from what I read and also just from all my life experiences. I do think that psychology and Christianity can be combined. I think the Bible is sufficient for all wisdom of course, but wisdom can be gained by also reading books on different life topics as well. Sometimes it is hard to apply the Bible to our modern day lives. Christian psychology helps us to see how the Bible applies to today, in the society that we have now. It helps give us practical application to the concepts in the Bible, like love and friendship etc. It is always good to learn more about why people do what they do; to understand people, to be more forgiving, and to have more peace about your own life. May God bless you through what I have written. I pray that it may shed some light on your own life and help you grow in wisdom. Chapter titles: 1. Power and Control 2. On 12 Years a Slave 3. The Importance of Being Assertive 4. Addicts and Co-Dependents 5. Being "Nice" vs. Being Loving 6. On Depression 7. Regarding Medications 7. On ADD and ADHD 8. Doctors 9. On Death and Grieving 10. On Staying Positive 11. On Friendship 12. Interpreting a Dream 13. Looking at the Root 14. Different Kinds of People

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