

God And Your Brain 1: The God-Shaped Brain

written by Tim Jennings, M.D. | November 14, 2013



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Our brains are in a constant state of flux. Moment by moment new connections are forming, idle tracks are being pruned back and brain circuits are changing. Discover how our beliefs change our brain wiring, our physical health, and even which genes are turned on or turned off. Do your beliefs matter — more than you ever knew!

Objectives:

- Identify the relationship between belief and physical and mental health.
- Examine the scientific evidence documenting how a change in belief can alter brain function resulting in a change in health.
- Formulate a methodology for separating healthy from unhealthy beliefs.