



The Mind Connection Study Guide: How the Thoughts You Choose Affect Your Mood, Behavior, and Decisions

Joyce Meyer

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Thoughts can seem random and meaningless, but they are connected to your wellbeing and impact your life every day. What you think affects your words, decisions, and emotions. Your thoughts influence how you relate to yourself, to others, and to God. The good news is that God has equipped you to take control of your thinking and increase your happiness.

In *THE MIND CONNECTION* Joyce Meyer, #1 *New York Times* bestselling author, expands on the wisdom of her bestselling books *Battlefield of the Mind* and *Power Thoughts* to explain how to improve the quality of your thoughts and your life. This study guide companion will help you maximize the wisdom of that book through relevant scripture, challenging questions, powerful illustrations, and space to fill with your reflections.

Exploring each section of *THE MIND CONNECTION*, this guide will help you understand the important connection between the mind, mouth, moods, and attitudes so that you can develop the right mind-set to overcome every challenge you face. You will learn to think with purpose, gain greater confidence, and claim the joyful life you were meant to lead.

Topics include:

- The Life You've Always Wanted to Live
- Positive Self-Talk
- The Power of Focus
- How Your Thoughts Affect Your Physical and Emotional Health
- How to Get Your Mind Back When You Feel Like You Have Lost It!

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