

Title: "Digital *Outsmarting Yourself* FINALLY Available!"

August 7, 2023

GOOD NEWS!!

After many years and multiple previous failed attempts, we FINALLY have a digital version of *Outsmarting Yourself*.

So for those of you in countries other than the United States – for the poor souls who have been paying more for shipping than for the book itself, and who have sometimes had to wait many weeks for the book to arrive (if it arrives at all) – you can now purchase a digital copy from the same platform that we are currently using for the digital versions of all of our DVD content. And for those of you who just prefer to read your books in digital format – you can, of course, do the same.

You purchase the book as an "online course" through our Pathwright platform (link below), and then just download the EPUB file, which can be read with Kindle, Kindle Previewer, Adobe Digital Editions, iBooks for iOS, Google Play Books for Android, Universal Book Reader for Android, ePUB Reader for Windows, or any other e-reader.

Link for digital purchase: <https://immanuelapproach.pathwright.com/library/outsmarting-yourself-digital-version-epub-file-202905/about/>

So if you have international family, friends, colleagues, or clients who have been waiting for a digital version of *Outsmarting Yourself*, please let them know.

I have also included (below) a brief summary from the back of the book and Andy Ross's summary of about fifty reasons why everyone should have a copy.

And thank you to Rob Hyde, whose technical expertise, creative troubleshooting, and tireless efforts have made this possible.

Blessings,

Dr. Lehman/Karl

Want to support the Lehman's Immanuel Approach work? Click here for more information: <https://www.immanuelapproach.com/supporting-lehmans-immanuel-approach-work/>

**From the back of the book:**

Anyone in a relationship of any kind should read this book. *Outsmarting Yourself* is about uncovering your brain's strategies for navigating the world -- strategies which sometimes

help...and sometimes don't! Dr. Lehman presents evidence from scientific research, case studies, and personal experience that will convince you of the reality of "invisible" memory and your Verbal Logical Explainer (VLE), and then help you maximize their strengths while minimizing the havoc they can cause. Dr. Lehman teaches you how to leverage the things you can choose to do something about in order to overcome the problems you can't choose to change directly. *Outsmarting Yourself* will enable you to understand the people in your world, including yourself, and give you realistic, psychologically sound, and Christ-centered tools for becoming a joyful, live-giving person with thriving relationships.

### **Why *Outsmarting Yourself* is a Precious Resource for Christian Communities**

Submitted by Andy Ross.

- 1) *Outsmarting Yourself* (OY) provides a concrete analysis for the daily challenges and conflicts of life together.
  - a. A growing number of people at Reba Church and around the country are finding that *Outsmarting Yourself* provides a paradigm and language to understand relationship breakdowns, and respond to them in a mature, restorative manner.
  - b. This book answers tough questions like:
    - i. Why seemingly small issues can cause such a big explosion.
    - ii. Why the same disagreements keep coming up over and over.
    - iii. What to do when you and/or someone you love is upset.
  - c. OY explains why it is so *hard* to recognize one's own contribution to conflict and upset and so *easy* to blame everything on the other person.
    - i. The explanation comes as a mixture of compelling brain research, and heart touching real life stories.
    - ii. Dr Lehman goes on to provide simple and effective tools to help me recognize when/why I'm part of the problem and how I can re-connect to God and other.
- 2) The Author has deep knowledge of community, Christian spirituality and psychology.
  - a. Dr. Karl Lehman grew up in Reba Fellowship, an Intentional Christian Community and has shared life with others in household settings both as a child and an adult. Community life and marriage give him a depth of experience to speak from.
  - b. Dr Lehman is a deeply committed life-long Christian as well as a board-certified psychiatrist which gives him a broad and unique perspective.
  - c. His paradigm is Christ-centered, scientifically-grounded, and easily-grasped and applied by the average lay-person.
- 3) We need solutions that are consistent with our Christian values.

- a. OY is based on the premise that God designed our brains for relationships.
    - i. When our brains are hitting on all cylinders, we are in **relational mode**.
    - ii. When we get upset, the relational parts of our brain temporarily shut down and we fall into **non-relational mode** (we want to fight, run, fix the person, etc).
    - iii. We can train ourselves to: **a)** recognize when we are “non-relational,” **b)** own it, and **c)** take purposeful action steps to get “relational” again.
  - b. When we lose connection with others, the first and most ideal step of repair is to reconnect to God who is always glad to be with us.
  - c. For those who have difficulty perceiving God, this book explains potential blockages and offers other ways to get relational such as calming, deliberate appreciation, and receiving attunement/empathy from someone.
  - d. Past pain is part of the reason we become non-relational. In Christ, we have resources to deal with pain that transcend the scope of secular therapy models.
  - e. One chapter describes the Immanuel Approach of inviting Jesus into past memories in order to receive permanent healing. (Dr Lehman is an expert in this approach)
  - f. This book also advocates an “Immanuel Lifestyle” of ongoing interaction with God and explains several keys to recognizing God’s gentle, ignorable presence.
  - g. The OY paradigm values maturity, capacity, and relational skills over credentials
- 4) It is all about relationships
- a. OY shows how God designed our brains for relational connection and that our mind-brain-spirit guidance system functions best in the context of joyful relationships.
  - b. Our relationship with God is not about following ideas, but following Jesus in the moment. God has also given us community to help us discern God’s guidance.
- 5) OY casts a vision for a community of:
- a. Thankfulness: OY explains how deliberate appreciation actually prepares our brains to connect with others. No wonder the Bible constantly encourages thanksgiving.
  - b. Self awareness: not for sake of self-preoccupation but for the sake of loving others and God. OY shows us what to look for so we can recognize and take responsibility for our own baggage instead of blaming the other for how I feel.
  - c. Fearlessness: As we develop a culture that recognizes the roots of relational problems and responsibly restores connection, conflicts begin to look smaller. We see conflicts as opportunities to learn what is the real cause of my over-reaction, and to experiment with various ways to reconnect (Deliberate appreciation, receiving attunement from God or people, calming, etc.)

6) A new meaning for embodying the Gospel

- a. Can we fulfill the greatest commandment if we are not in relational mode?
- b. Non-Christians are not longing for better ideas about God, but for joyful relationships with God and others. OY offers guidance about how to tend to our relationships so that we can be the type of body that reflects God's love to the world around.