

Title: Everything You Wanted to Know About *Outsmarting Yourself*

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WHAT's in *Outsmarting Yourself*?

- 355 total pages: 263 pages of the main text, divided into 29 chapters, and 92 pages of supplementary materials. High quality paper, with 21 helpful figures, many of which are in full color.
- The supplementary materials include:
 - A Glossary! So your brother-in-law who is new to the world of Thrive and prayer for healing can look up “dismissive attachment,” “attunement,” “implicit memory,” or “triggered” – or so you can look them up and be better equipped to answer questions when you lead your study group.
 - An Index! So when you can't remember where that description of the fascinating split-brain research is, you can look it up in the index.
 - Additional tools for recognizing triggering – some find it helpful to use these additional tools, in combination with the “recognize your triggering” tools presented in the main text.
 - Additional calming techniques, for extra help in getting your relational circuits back on line.
 - A Bibliography, a Further Reading List, and Dr. Lehman's recommendations about how you can go about getting more training in the Immanuel approach to emotional healing.

Do you have to be a mental health professional or someone who's had a lot of therapy to be able to understand *Outsmarting Yourself*?

No! In *Outsmarting Yourself*, Dr. Lehman builds his case for the reality of implicit memory and the effects of trauma NOT by citing Freud or saying “all therapists or prayer ministers know this”, but by describing research and case studies and personal experiences in ways that the average person can understand and relate to. You don't need to have studied psychology, or Theophostic® Ministry, or any of the THRIVE material, in order to understand *Outsmarting Yourself*.

Is *Outsmarting Yourself* written specifically for Christians?

Yes, BUT... chapters one through six, eight through seventeen, nineteen, twenty, and twenty-four through twenty-seven could have been written to non-believers as well as Christians. The basis of Dr. Lehman's arguments are primarily scientific, logical, and universally personal. So, your non-believing or marginally believing friend or family member could benefit greatly from reading the chapters just mentioned. In chapters seven and eighteen Dr. Lehman describes healing and help in relational skills through the presence of Jesus in a way that presumes the reader is OK with learning to connect to Jesus. Chapter nineteen also refers to some Scriptural

foundations which would be meaningful to Christians, but probably not to most non-believers. The companion DVD, in that it presents actual ministry sessions, could be meaningful to a non-believer who is open to experiential data about people relating to God.

How different is *Outsmarting Yourself* (the book) from the 4-DVD seminar recording called “Psychological Trauma, Implicit Memory, & The Verbal Logical Explainer”?

Outsmarting Yourself contains all of the material from the 4-DVD seminar set, which was the pre-cursor to the book, and it also contains over 100 pages of new material. We know that many of you have found the DVDs great for group viewing, and for those who just won't read a book. But a book is still more convenient for marking a section you want to share with someone else, or for reading in your recliner or on the train. And if the \$100 price tag of the 4-DVD set was too much for your budget, then the book's price will be a welcome option (see below).

Thanks to all of you who have been so encouraging to us over the years, saying, “The downloads from the website are great, but when are you going to write a book?” We're so glad to finally be able to say “It's here!” Thanks for your prayers, and we hope you'll find the content of *Outsmarting Yourself* to be as transformative as we have.

Warmly,

Charlotte Lehman, for Karl & I
www.kclehman.com