## Contents

Pa	rt I: The Importance of the Mind	
Introduction		11
1	The Mind Is the Battlefield	15
2	A Vital Necessity	27
3	Don't Give Up!	31
4	Little by Little	35
5	Be Positive	41
6	Mind-Binding Spirits	53
7	Think About What You're Thinking About	57
Pa	rt II: Conditions of the Mind	
Introduction		67
8	When Is My Mind Normal?	71
9	A Wandering, Wondering Mind	79
10	A Confused Mind	85
11	A Doubtful and Unbelieving Mind	95
12	An Anxious and Worried Mind	107
13	A Judgmental, Critical and Suspicious Mind	121
14	A Passive Mind	137
15	The Mind of Christ	147
Pa	rt III: Wilderness Mentalities	
Int	Introduction	
16	My future is determined by my past	
1 17	and my present.	177
	I don't want the responsibility.	183
	I can't take it if things are too hard!	193
19	I can't help it — I'm just addicted.	201

20 Don't make me wait — I want it now!	211
21 It's not my fault!	221
22 My life is so miserable.	231
23 I don't deserve God's blessings.	237
24 Why shouldn't I be jealous?	245
25 I'm doing it my way!	253
Bibliography	261