

Title: "New book! *Mind and Brain: Separate but Integrated*"

July 24, 2023

Big news!!

I just released a new book, *Mind and Brain: Separate but Integrated*. Additional information regarding the book is included below. Note that the book includes both a condensed, readers-digest version of the material (Part One), as well as an unabridged version of the material (Part Two).

Hard copy (Humble Shack): <https://humble-shack.myshopify.com/collections/immanuel-approach-dr-karl-lehman/products/mind-and-brain-separated-but-integrated>

Digital version (Amazon, Kindle): (A big "Thank you!" to Rebecca Davis for her generous gift of helping me with everything needed in order to get this material published as a Kindle book!) https://www.amazon.com/dp/B0CC17X3X7/ref=sr_1_6?crid=1NAM0P8LREE5N&keywords=karl+lehman+books&qid=1689687029&sprefix=%2Caps%2C96&sr=8-6

Blessings,

Dr. Lehman/Karl

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Description from Amazon/Kindle page:

Many mental health professionals are horrified at the thought of faith-based healing ministers trying to treat people with true schizophrenia or dissociative post traumatic stress disorder by praying against demonic spirits.

Many faith-based healing ministers are horrified at the thought of psychiatrists diagnosing a brain-chemistry imbalance and subjecting a patient to a lifetime of mind-altering medications when they have seen similar cases completely resolved by a combination of healing for underlying traumatic memories and interventions to resolve associated spiritual issues.

Karl Lehman, M.D., a board-certified psychiatrist who has studied the mind and the brain for over forty years, has observed that both mental health professionals and faith-based healing ministers often fall prey to "false dichotomy thinking"—believing that mental health problems should be explained and treated by *either* biological brain theories and interventions *or* by non-physical mind/spirit theories and interventions.

In *Mind and Brain*, Dr. Lehman provides compelling evidence for the existence of a non-physical mind/spirit that is separate from the physical, biological brain, and then describes how these two phenomena are so profoundly and intimately connected that they each affect the other (?that they affect each other?) in powerful and fascinating ways.

The mind-*and*-brain paradigm presented here provides a theoretical foundation that will supply concrete, practical guidance for both mental health professionals and emotional healing ministers as they care for those with spiritual issues, psychological trauma, and mental illnesses.

Excerpts from the Introduction:

“My perception is that part of what the Lord has given me to do is to remove stumbling blocks that cause division between different parts of the healing team that should be working together. My hope is that the mind-*and*-brain paradigm presented here will remove some of these stumbling blocks by providing a foundation from which those studying the biological brain and those studying the mind/spirit can work together, as complementary players on the same team.”

“I propose the following theses as the core of the mind-*and*-brain paradigm -- the foundation I am proposing for understanding biological-brain wounds and illnesses, mind/spirit wounds and associated issues, mental illnesses, mental health care, emotional healing ministry, and especially how all of these fit together:

- The biological, physical brain and the non-biological, non-physical mind are separate, qualitatively different phenomena.
- The non-biological, non-physical mind is the more primary phenomena, and the leader/master in the mind-brain relationship.
- The biological brain and the non-biological mind are connected and woven together so profoundly and intimately that each can affect the other.
- Mental health problems always involve *both* biological-brain phenomena *and* non-biological mind/spirit phenomena.
- We need to let exploration from *both* the biological-brain perspective *and* the non-biological mind perspective shed light on the same phenomena, so that we can receive the important additional insights that this will provide.”