A Way That Seems Right: Exposing John Bradshaw's False Gospel
John Bradshaw is an extremely popular proponent of the recovery movement. His teachings concerning "codependency," the "inner child," and victimization in general are repeated by many others, including leading Christian psychologists such as Minirth-Meier. This book reviews all of his writings to date, exposing the anti-biblical nature of his teachings as well as his New Age theology.

Book Reviews - Christian Psychology/Recovery

"Damaged" Emotions: Recovery or Redemption?
Reviewing Healing for Damaged Emotions, by David Seamands
Pastor David Seamands has incorporated much modern psychological teaching into his pastoral counseling ministry, utilizing the popular "inner healing" approach to "heal" childhood memories. This paper covers important issues such as self-esteem, forgiveness, depression, "perfectionism," and personality typing.

Toxic Teachings: Recovery or Redemption?
Reviewing Toxic Faith, recently retitled, Faith That Hurts, Faith That Heals, by Steve Arterburn
This book mixes false religions with misunderstandings of Christian doctrine, calling both "toxic faith," and offering solutions grounded in Freudian psychotherapy. The paper covers "addiction," biblical sufficiency, fear of the Lord, repentance, victimization, support groups, selfishness, and a biblical understanding of the human heart.

Enslaved to Lust
Reviewing Addicted to "Love," by Steve Arterburn
Arterburn applies the disease model of human behavior to sexual immorality. This paper, continuing the analysis in "Toxic Teachings," shows that perspective to be biblically flawed. "Recovery" is compared to righteousness, "addiction" to idolatry, and "need" to desire.

Hunger for Righteousness
Reviewing Hunger for Healing: The Twelve Steps as a Classic Model for Christian Spiritual Growth, by Keith Miller
This paper provides an in-depth biblical evaluation of the popular Twelve Step program, giving emphasis to its application in Christian settings. Included is a two-page summary of the Twelve Steps, showing their subtle clash with the Scriptures.

Hope in the Fast Lane?--or Hope in Christ!?
Reviewing Hope in the Fast Lane, by Keith Miller
(originally published as Sin: The Ultimate Deadly Addiction)
This paper is a useful companion to "Hunger for Righteousness," critiquing Keith Miller's belief that sin is a disease or "addiction." It demonstrates the confusion caused by equating sin and sickness, and also evaluates the concept of "denial" and the general practices of "recovery" meetings.

Response to the 12 Steps in a Christian Setting
This paper briefly summarizes biblical reasons why the 12-step approach is inappropriate for Christians even when the steps have been (supposedly) linked to relevant Bible verses.

The Bread of Life
Reviewing New Choices, New Boundaries, by Rich Buhler
This critique provides a helpful analysis of the increasingly popular "codependent" theories promoted so heavily by today's psychologists, showing that the Bible does not teach love of self as a prerequisite to love for God and others.

Love is a Command
Reviewing Love is a Choice, by Drs. Frank Minirth and Paul Meier
Here is another critique of "codependency" theory, along with victimization, "addiction," "denial," anger, and depression. There are frightening parallels between this book and the anti-Christian teachings of John Bradshaw.

Hiding from Judgment
Reviewing Hiding from Love, by Dr. John Townsend (Minirth-Meier)
This book is rooted in an unbiblical view of man as fundamentally a victim rather than a sinner. The author abuses the original languages of the Bible to support his Freudian orientation. This critique shows how man's "hiding patterns" are rooted in his fear of God's judgment.

Forgiving WHO?
Reviewing Forgiving Our Parents, Forgiving Ourselves, by David Stoop and James Masteller (Minirth-Meier)
This paper is a critique of the psychologized, self-focused view of forgiveness that is highly promoted among modern counselors. In particular, it demonstrates that forgiveness of self is opposed to a truly biblical view of forgiveness.

The Path to Deception
Reviewing The Path to Serenity, by Drs. Robert Hemfelt, Richard Fowler, Frank Minirth, and Paul Meier
This is another review of the Twelve Step movement, step by step, showing how its teachings counterfeit salvation, repentance, confession, restitution, sanctification, religion, and evangelism.

Twelve Steps: Tool for Evangelism or Another Gospel?
Reviewing Steps to a New Beginning, by Sam Shoemaker, Frank Minirth, Robert Hemfelt, Richard Fowler, and Dave Carder
This paper is a helpful companion to "The Path to Deception," briefly reviewing the background of Alcoholics Anonymous and its spiritual fuzziness. The critique refutes the claim that the steps are rooted in biblical principles, reviews the practices of 12-step groups, compares sponsorship with Christian discipleship, and discusses the counterfeit evangelism practiced by the Twelve Step movement.

Boundaries: Political or Personal?
Reviewing Boundaries, by Drs. Henry Cloud and John Townsend (Minirth-Meier)
This paper concentrates on a thorough biblical evaluation of the popular "boundaries" concept, showing it to present a flawed understanding of our responsibilities before God, along with feeding man's inherently sinful inclinations.

Multiple Personality Disorder: A Multitude of Errors
Reviewing Uncovering the Mystery of MPD, by Dr. James G. Friesen
This paper analyzes the flawed, unbiblical view of man that underlies the increasingly popular "MPD" diagnosis. It covers the claimed causes and treatments promoted by psychologists, comparing them with the Scripture.
"Bold Love" -- God's Justice or Ungodly Revenge?
Reviewing **Bold Love**, by Dr. Dan Allender
This book follows *The Wounded Heart*. While based on a generally good biblical principle--confronting the sins of others in love in order to restore them--the danger is primarily in its combination with the teachings in *The Wounded Heart*. There is danger to family relationships in these teachings. Allender fails to consider the crucial role of the church in confronting the sins of others, leaving "bold love" primarily to individuals who perceive themselves as victims.

Christ-Esteem or Self-Esteem: What is the Real Problem?
Reviewing **Christ Esteem**, by Don Matzat
This book is frequently recommended as a biblical alternative to the psychological literature emphasizing self-esteem. There are many excellent points concerning sin, self-examination, renewal of the mind, and crucifixion with Christ. However, this paper also points out weaknesses in the author's position on Scripture, as well as his focus on "identity crisis."

The Masculine Journey: A Turn Down the Wrong Road!
Reviewing **The Masculine Journey**, by Robert Hicks
This book, promoted by Promise Keepers, utilizes six Hebrew words to describe the "developmental journey" of the adult male. The original biblical Hebrew is misused to promote a psychological and highly unbiblical view of man.

"Recovery"...or the Bible...or Crabb's "Third Way"?
Reviewing **Finding God**, by Larry Crabb
This is one of Crabb's most recent books. Many readers believe that perhaps he has changed his position concerning psychology. Although he does make some critical comments about the "recovery" movement, he also rejects the position of biblical sufficiency and promotes instead his "third way." This "third way" differs little from Crabb's past psychological teachings.

Homosexuality: Choice or Chance? Sin or Sickness? -- Letter to a Pastor
This is an actual letter to a pastor (names omitted) demonstrating the biblical view that homosexuality is a *sin*, but urging the same compassion and love that is demonstrated to other sinners.

"Think On These Things"
Reviewing **Telling Yourself the Truth**, by William Backus & Marie Chapian, and **The Lies We Believe**, by Chris Thurman
These two books are both "Christianized" versions of the teachings of atheist Albert Ellis. (See the paper about Ellis in "Exposing the Roots" series.) Although the Bible emphasizes the renewal of the mind, this type of counseling is primarily man-centered rather than grounded in the work of the Holy Spirit.

Christian Discernment Publications Ministry, Inc.
Book Reviews - Christian Psychology/Recovery (continued)

Medieval Theology Meets the New Age
This paper explores religious pluralism in the contemporary Roman Catholic Church, giving consideration to official teachings, theologians, and the influence of modern psychology.

Rapha Review

Changes That Hurt
Reviewing *Changes That Heal*, by Dr. Henry Cloud
This book combines the ideas covered in *Boundaries*, which Cloud co-authored with Dr. John Townsend, and *Hiding From Love*, by Townsend alone. Each of these books is covered by other critiques. *Changes That Hurt* is currently used by Campus Crusade for Christ in the training of its leaders.

"Exchanged Life" Theology
Reviewing *Handbook to Happiness*, by Charles Solomon
This paper reviews the psychology and theology taught by Charles Solomon, including his use of trichotomy, his expectation of a second experience following salvation, and his emphasis on rejection as a primary motivation for human behavior. Although Solomon claims to be critical of modern psychology and to emphasize our union with Christ, his writings reveal another example of psychological speculations integrated with God's Word.

Bondage to Demons...or Sin?
Reviewing *Breaking the Bondage*, by Neil Anderson
Neil Anderson's popularity in the church has escalated in recent times, with his seminars drawing huge crowds. At many points, he appears to question the use of modern psychotherapy. However, a careful analysis reveals that he does not adequately critique such unbiblical counseling methods. Furthermore, his excessive focus on the power of demons blurs biblical teachings about sin, repentance, and progressive sanctification.

Meet the Moms
Reviewing *The Mom Factor*, by Dr. Henry Cloud and Dr. John Townsend
These two popular psychologist authors have now devoted a volume to blaming the sins of adults on six different styles of mothering. They assume the existence of certain psychological needs that must be met. The responsibilities of mothers, grown children, and "support groups" are confused, with the role of church undermined and the focus always remaining on "how to get your own needs met."

Healing the Homosexual Pain
Reviewing *The Broken Image* and *Crisis in Masculinity* by Leanne Payne
Payne is an Episcopalian author who borrows heavily from the distorted theories of Carl Jung, emphasizing individual "dream" revelation, "healing" of memories, love and acceptance of self. She devotes significant space to the problem of homosexuality, concluding that although it isn't a biblically acceptable lifestyle, it is a "gender disorder," explained away in psychological terms, rather than strictly a sin.

Theophistic Ministry: Light or Darkness?
Theological analysis of Theophistic Ministry, under such categories as the nature of man, sin, justification, sanctification, forgiveness, demonology.

CHRISTIAN DISCERNMENT PUBLICATIONS MINISTRY, INC.
111 MAGNOLIA LANE
HUBERT, NC 28539
www.christiandiscernment.com

EXPOSING THE ROOTS

This series is designed to expose the anti-Christian bias of the founders of major psychological systems of thought, showing believers why they dare not trust their speculations concerning the nature of man and how he can change.

Introduction
This paper reviews some general principles that apply to all the critiques in this series, showing why Christians cannot rightly integrate God's Word with systems of thought invented by unregenerate men. Such men do not engage in a neutral study of human behavior, but in hostility they oppose the gospel as well as the biblical view that man is created in the image of God for the purpose of bringing glory to Him.

"Psychology" of Religion: Van Til in Dialogue--and in Conflict!--with Modern Psychology
This paper is a detailed exposition of the book, *Psychology of Religion*, written by apologetics professor Cornelius Van Til. It is more philosophically technical than some of the other papers, but shows some of the faulty, anti-Christian assumptions underlying modern psychology.
Varieties of Religious Deception
Reviewing Varieties of Religious Experience, by William James
William James is a key writer in the "psychology of religion" movement, attempting to analyze the experiences of all religions according to the standards of modern psychology. He is a key forerunner to the New Age movement and also to the vague "higher power" concept of the 12-step program.

Freudian Frauds
Reviewing Totem and Taboo; Future of an Illusion; and Moses and Monotheism, by Sigmund Freud
Freud has had a major impact on counseling theory and practice, and his deadly influence continues to this day among Christian psychologists. This paper exposes in detail Freud's extreme hostility to the Christian faith, and to religion in general. This outspoken atheist made every effort to "explain" religious faith and practice in psychoanalytic terms, and thus to destroy it.

Blasphemy from Fromm
Reviewing You Shall be as Gods; Man for Himself; The Dogma of Christ; Psychoanalysis and Religion; and The Heart of Man
After admitting to being an atheist, Fromm engages in a "radical reinterpretation of the Old Testament," attempting to support his theory that man is the equal of God. Much of his teaching concerning self-love provides ammunition for the numerous selfisms that run rampant today.

The Teachings of Carl Jung:
A Bizarre Blend of Blasphemy, Mythology, & Psychology
Reviewing Answer to Job; Memories, Dreams, Reflections; Psychology and Religion
Carl Jung has been highly influential in the New Age movement, the 12 step movement, and even some "Christian psychology" books (such as The Masculine Journey). This paper documents and exposes his extreme bias against Christianity along with his involvement in the occult.

Christian Discernment Publications Ministry, Inc.
Exposing the Roots - continued
The "Case Against" Albert Ellis
Reviewing Reason & Emotion in Psychotherapy, and The Case Against Religion
Albert Ellis founded Rational-Emotive Behavior Therapy in the last half of the 20th century. It is based largely on changing thoughts and beliefs in order to change emotions and behavior. This paper exposes the aggressive atheism underlying the system.

Adlerian Aberrations
Reviewing Understanding Human Nature and What Life Should Mean to You
This paper reviews the teachings of psychologist Alfred Adler, including such concepts as the "inferiority complex" and the "style of life." Adler's teachings are linked to the modern focus on self-esteem, the New Age movement, and the epidemic "false memory syndrome."

Maslow's Hierarchy: How the House of Cards Crumbles
Reviewing Motivation and Personality; The Psychology of Being; Religions, Values, and Peak-Experiences; The Farther Reaches of Human Nature
This publication reviews the religious and philosophical underpinnings of Maslow's "hierarchy," showing not only that his psychology is contrary to Scripture, but that it is internally inconsistent. This paper is more of a philosophical critique analyzing the self-destructive nature of non-Christian thinking.

On Being a Christian
Reviewing On Being a Person, by Carl Rogers
This paper reviews a major work by the extremely popular psychologist, Carl Rogers, founder of "client-centered therapy." His approach is thoroughly unbiblical in assuming the inherent goodness of man and in its rejection of all authority outside the individual's feelings and experience.

The Errors of Erik Erikson
Reviewing "Youth: Fidelity and Diversity" (in The Challenge of Youth); Childhood and Society; Identity and the Life Cycle; The Life Cycle Completed; Young Man Luther
This publication reviews the "life cycles" and "life crises" proposed by Erik Erikson, exposing the conflict between his theories and the biblical view of man. A special section explores in depth Erikson's psychoanalysis of Reformer Martin Luther in Young Man Luther, a book which basically discredits the entire Protestant Reformation as the expression of one man's "identity crisis."

I'm Not OK -- You're Not OK -- But That's OK
Reviewing I'm OK -- You're OK, by Thomas A. Harris, M.D.
This paper reviews a formerly popular book whose ideas continue to be recycled through self-esteem and other popular psychological theories. The author divides the inner man into Parent, Adult, and Child, then builds a therapy around the transactions between these three. There is much in this book about religion, but it is thoroughly man-centered and rejects absolute truth.

Through the Biblical Looking Glass
Reviewing Reality Therapy and Choice Therapy by Dr. William Glasser
Glasser gives a welcome, scathing criticism of failed Freudian psychology, but along with Freud, he fails to ground his counseling in biblical truth. The problems of man are explained as (1) the failure to meet basic "needs" and (2) "external control psychology." Glasser exalts the autonomy of man in a manner that dethrones God and deifies "choice."

CHRISTIAN DISCERNMENT PUBLICATIONS MINISTRY, INC.
111 MAGNOLIA LANE
HUBERT, NC   28539
www.christiandiscernment.com
Book Views - Psychology/Other

God's Successful Woman
Reviewing The Successful Woman, by Dr. Joyce Brothers
Popular secular psychologist Joyce Brothers presents a view of woman that aligns with the feminist movement but defies biblical standards. This paper compares her self-centered feminist perspective with the scriptural view of a godly woman.

God’s Definition of Meaning
Reviewing Man’s Search for Meaning, by Dr. Victor Frankl
Existential psychiatrist Victor Frankl founded a system of treatment he titled "logotherapy," in which man is a free agent who must create his own life's meaning and thus become his own savior. This paper exposes the unbiblical view of man that underlies this system.

The Road Broadly Traveled - Part I
Reviewing The Road Less Traveled, by Dr. M. Scott Peck
This book remains a bestseller among both Christians and unbelievers, but it is grounded in Buddhist and New Age theologies, asserting that man can and must become God. This paper exposes the anti-Christian nature of Peck's teachings, and his reinterpretation of traditional Christian terms such as grace and love.

The Road Broadly Traveled - Part II
Reviewing People of the Lie, Different Drum, A World Waiting to be Born, and Further Along the Road Less Traveled, by Dr. M. Scott Peck
Although Peck claims to have become a Christian after writing The Road Less Traveled, this critique analyzes his mythological interpretation of Scripture, his reliance on evolution, and his highly unorthodox theology in areas such as heaven, hell, salvation, heresy, blasphemy, the devil, and the nature of man. It also covers his unique "community" concept which he claims to be the answer for global peace and unity. Peck has not traveled far from the New Age teachings of his first book.
The Contemporary Theology of Henri Nouwen: Wounded "Healer" or Deceiver?
Reviewing The Wounded Healer, by Henri Nouwen
Henri Nouwen interprets the problems of modern man as fundamentally much different from those of men in other ages, rejecting the basic gospel message as being inadequate to answer "modern" needs while hinting at universal salvation and substituting a humanistic approach to ministry. This paper reveals the flaws in Nouwen's theology and compares his teachings with the glorious, eternal hope of the gospel.

Sinful Things People Do
Reviewing Ten Stupid Things Women Do and How Could You Do That?, by Dr. Laura Schlessinger
"Dr. Laura" is an increasingly popular voice over public radio. She reacts strongly to the victimization culture made popular by John Bradshaw and others, calling for a return to personal responsibility. However, her approach omits biblical principles of morality and has no concept of responsibility before God. Also absent is any sense of God's grace in helping people change.

Dr. Laura and the 10 Commandments: The Law Without the Lord
Ever popular "Dr. Laura" has converted to Orthodox Judaism and co-authored (with Rabbi Stewart Vogel) a book on the 10 Commandments. While seeming to advocate biblical conduct, Dr. Laura utterly fails to understand God's grace and the Christian gospel.

Render Unto Caesar?
This is not a critique, but a biblical study concerning the biblical basis for an ordained minister to elect out of the Social Security system on religious grounds.

CHRISTIAN DISCERNMENT PUBLICATIONS MINISTRY, INC.
111 MAGNOLIA LANE
HUBERT, NC  28539
www.christiandiscernment.com

THEOLOGICAL PAPERS AND CRITIQUES

This series of papers addresses topics related to biblical counseling, and the issue of psychology vs. Scripture, from a more technical perspective, referencing the original biblical languages and perhaps using terminology that is not familiar to all readers. There is no intention here to suggest that all believers must have formal theological training in order to understand and apply the Scriptures. Often, however, references to Greek and Hebrew are abused by those who promote psychology. This is highly deceiving to people who have not studied the languages. Some of the critiques in this series seek to answer such abuses through extensive consideration of both context and biblical languages.

These papers would be particularly useful to pastors and seminary students, but are (hopefully) written so as to benefit all interested readers.

Ephesians 4:26--Command, Concession, or Condition?
Numerous psychologists lift this verse (be angry and do not sin) out of context...in order to support a Freudian ventilation of anger. This paper examines the context, the Greek grammar, Greek word studies, and other passages on anger, demonstrating conclusively that this psychologized understanding has no foundation.

United With Christ - Set Free From Sin
This paper includes a translation and detailed exegetical commentary on Romans 6:1-14, showing how Christ has delivered the believer from both the eternal penalty, as well as the power, of sin. This analysis should be useful to pastors and others who counsel biblically, providing a solid basis for hope in overcoming sinful habits.

"Christians in Crisis" -- God's Purposes, Your Response
This paper looks at human suffering from a biblical perspective, drawing primarily from the book of First Peter. Several of God's purposes for our trials are examined: testing, testimony, transformation, and teaching.

The Musical Marriage-Go-Round: An Exegetical Study of Divorce and Remarriage