

A close-up photograph of a baby's face, showing the eyes, nose, and mouth. The image is overlaid with a grid of interlocking puzzle pieces. The puzzle pieces are in shades of brown and tan, with some missing, revealing the baby's features. The text 'WHOLE AGAIN' is written in large, white, sans-serif capital letters across the center of the puzzle.

WHOLE AGAIN

RESTORING
GOD'S ORIGINAL
DESIGN

BODY + MIND + HEART

George's part

Talk 2:

mind



Today, I receive
all of god's love
for me.

Today, I open myself
to the unbounded,
limitless, overflowing
abundance of
god's universe.

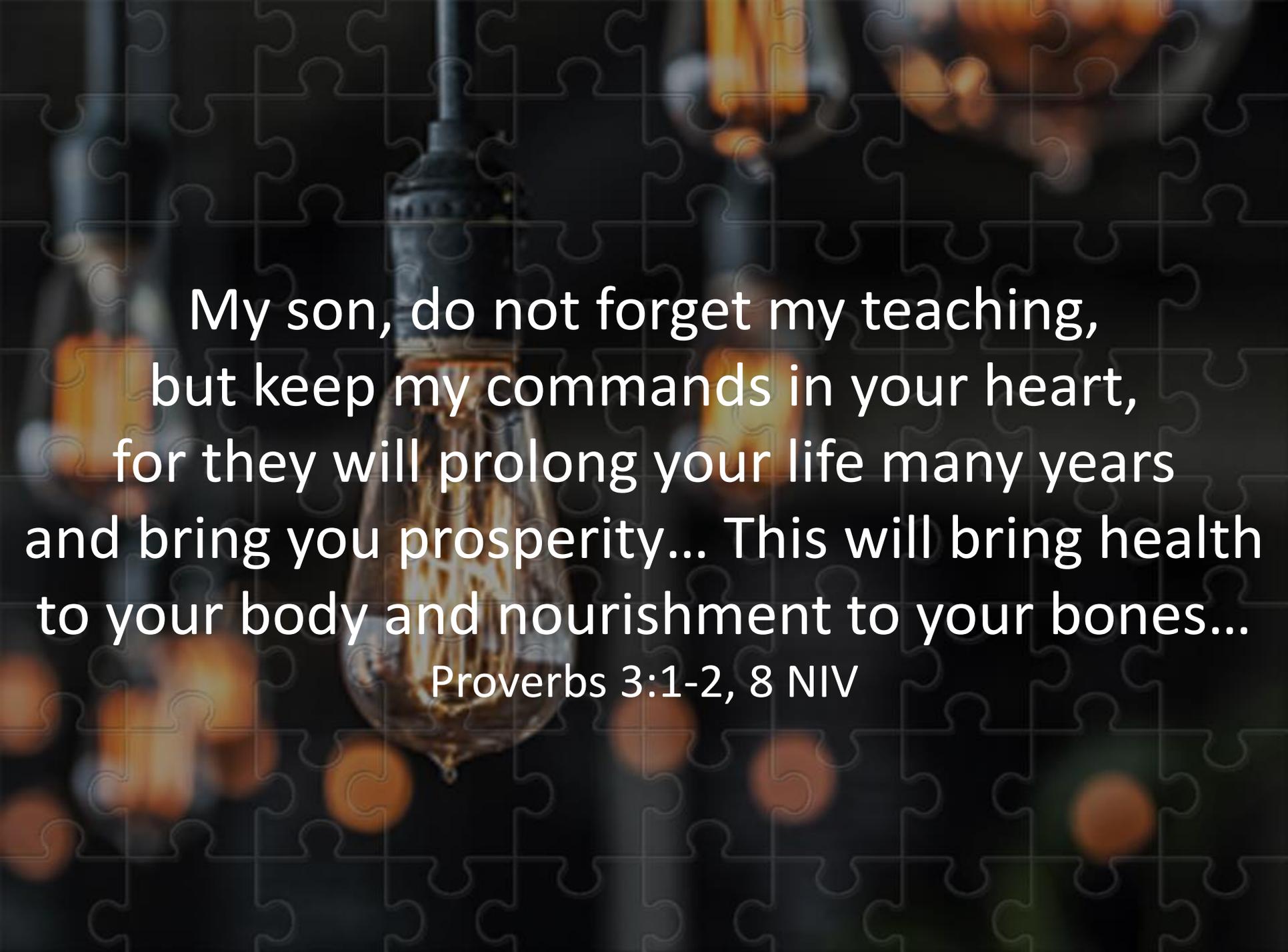
Today, I open myself
to god's blessings,
healing, and miracles.

Today, I open myself
to god's word
so that I become
more like jesus
every day.

Today, I proclaim that
I am god's beloved.
I am god's servant.
I am god's powerful
champion.

And because
I am blessed,
I am blessing
the world.

In jesus' name. amen.



My son, do not forget my teaching,
but keep my commands in your heart,
for they will prolong your life many years
and bring you prosperity... This will bring health
to your body and nourishment to your bones...

Proverbs 3:1-2, 8 NIV

What you feed your
mouth

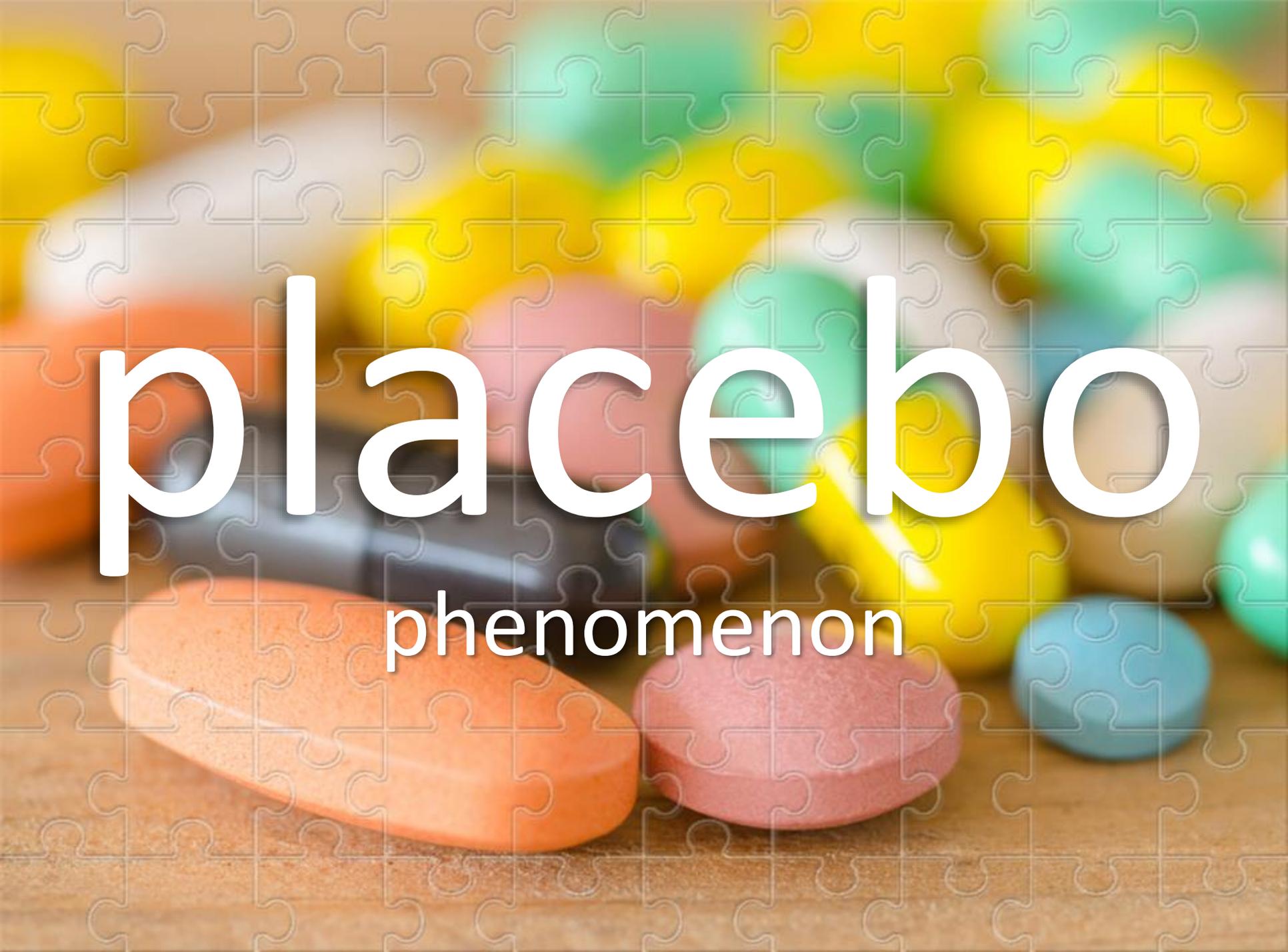
What you feed your mind



Heal

Your thoughts can

you Or kill you.



placebo

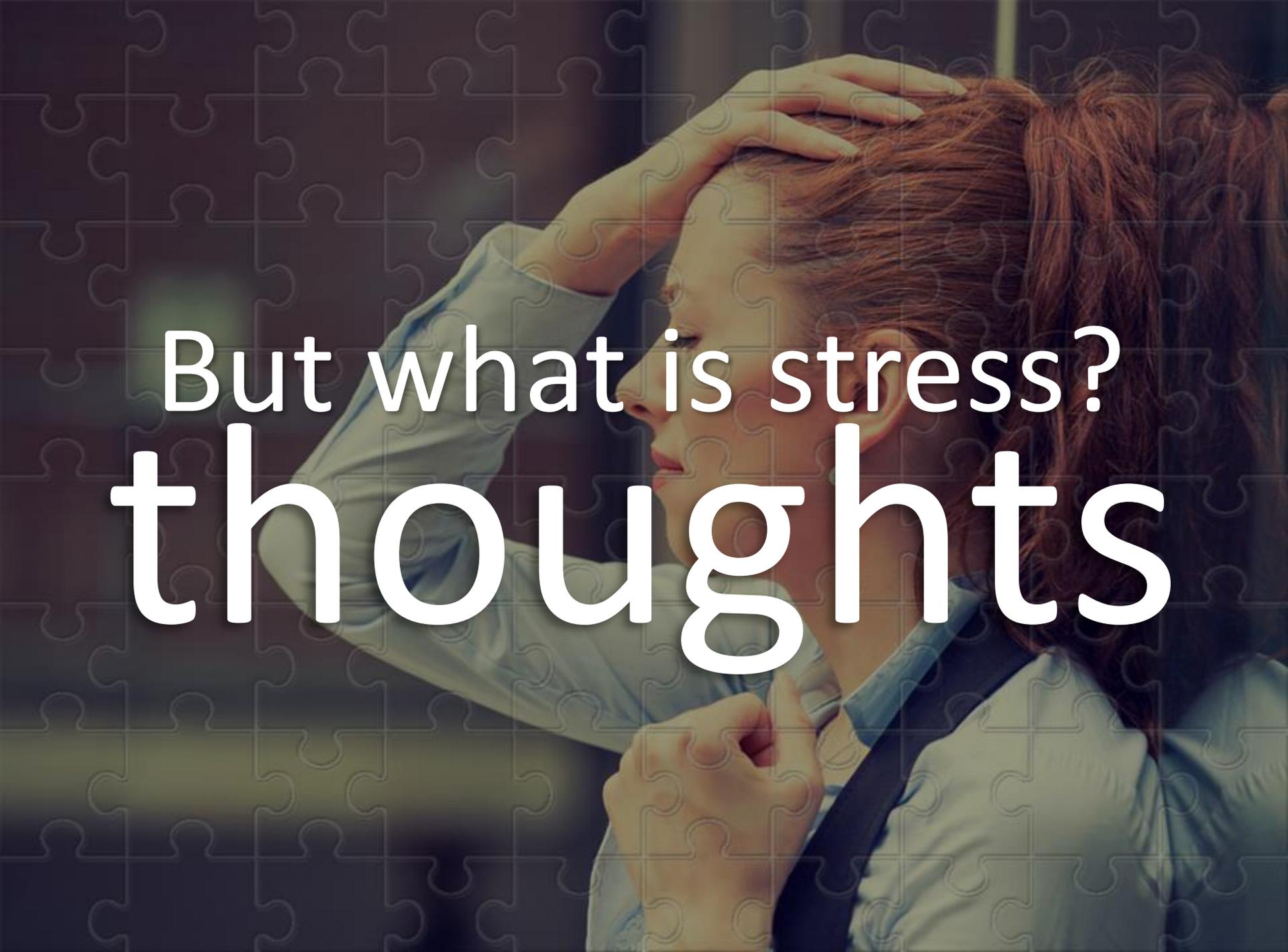
phenomenon

40%

A man in a white shirt and tie is sitting at a desk, looking stressed. He has his hand to his forehead and is pointing upwards. The desk is cluttered with crumpled paper and a laptop. The background is a dark office setting.

stress

is the number one killer in the world.

A woman with red hair in a ponytail, wearing a light blue button-down shirt and a dark tie, is shown in profile. She has a distressed expression, with her right hand pressed against her forehead and her left hand adjusting her tie. The background is dark and out of focus. The text "But what is stress?" is written in a white, sans-serif font, and "thoughts" is written in a larger, white, serif font below it.

But what is stress?
thoughts

Heal your
thoughts
Heal your
body

A close-up photograph of a doctor's hands in a white lab coat, holding a black stethoscope. The background is a light blue puzzle pattern. The text 'the 3 S Of the mind' is overlaid in white, with the number '3' being significantly larger than the other characters.

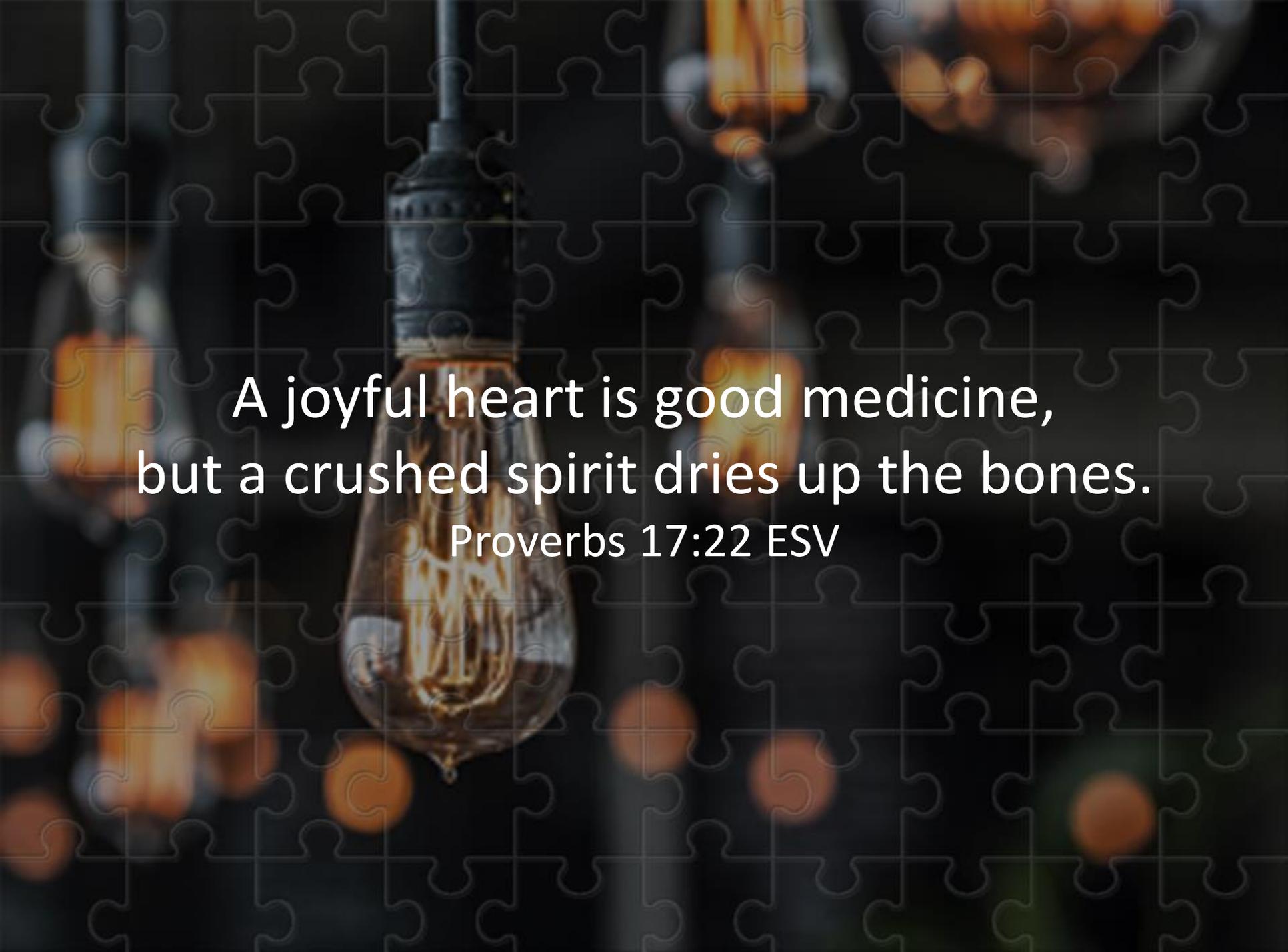
the
3 doctor
S Of the mind

Dr. laughter
dr. trust
dr. purpose

bo's part



Dr. Laughter



A joyful heart is good medicine,
but a crushed spirit dries up the bones.

Proverbs 17:22 ESV

How joyful
Are you?
How often
Do you laugh?

A man with a beard, wearing a green hat and a green scarf, is smiling warmly at the camera. He is in a social setting, likely a bar or pub, with a glass of dark beer with a thick head of foam in the foreground. In the background, other people are visible, including a woman in a yellow top. The entire image has a subtle puzzle-piece pattern overlaid on it.

A good laugh
and a long sleep
are the best cures
in the doctor's book.

Irish proverb

laughter
As medicine
In history

Norman cousins

gettyimages®
Ray Fisher

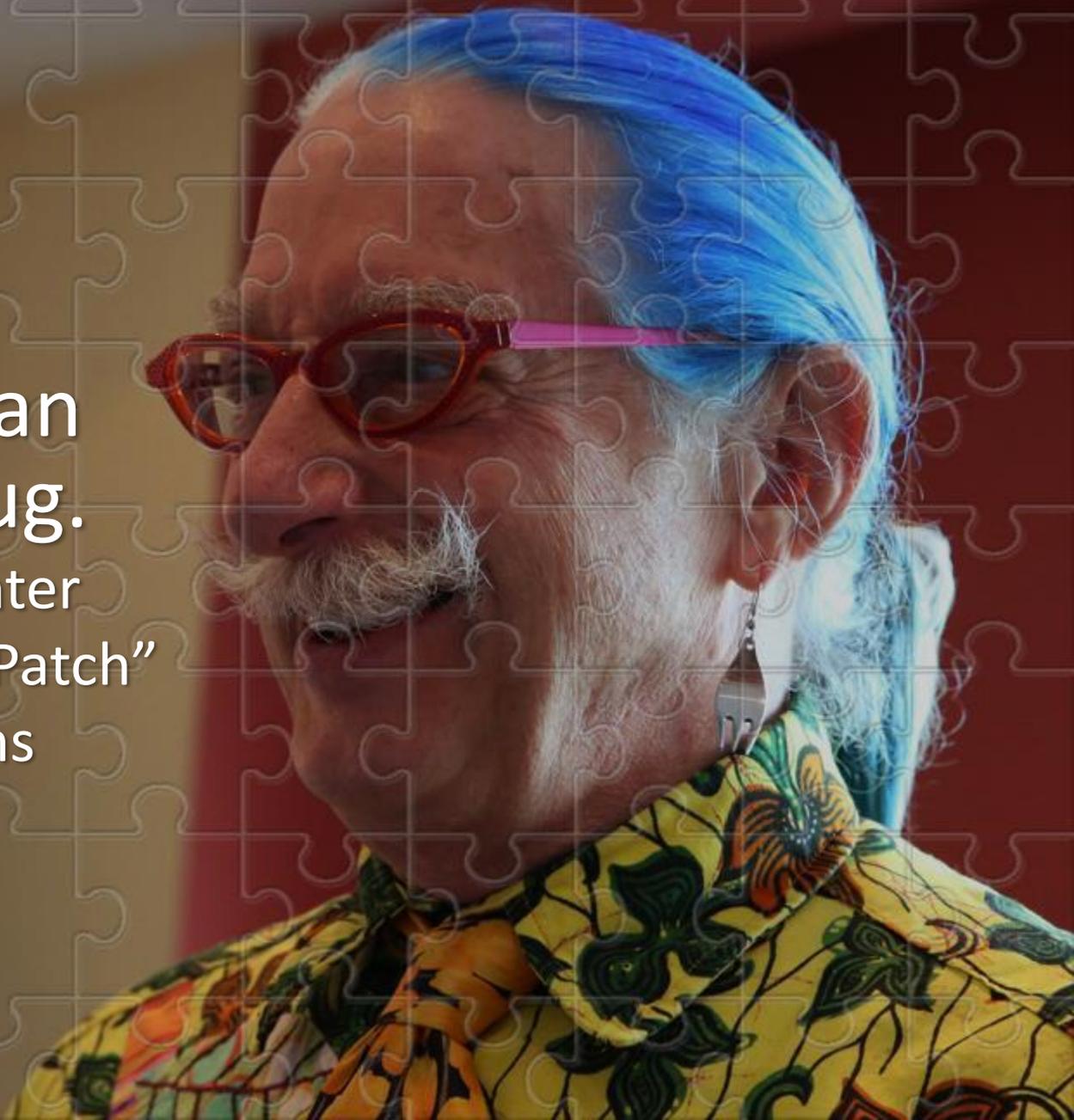


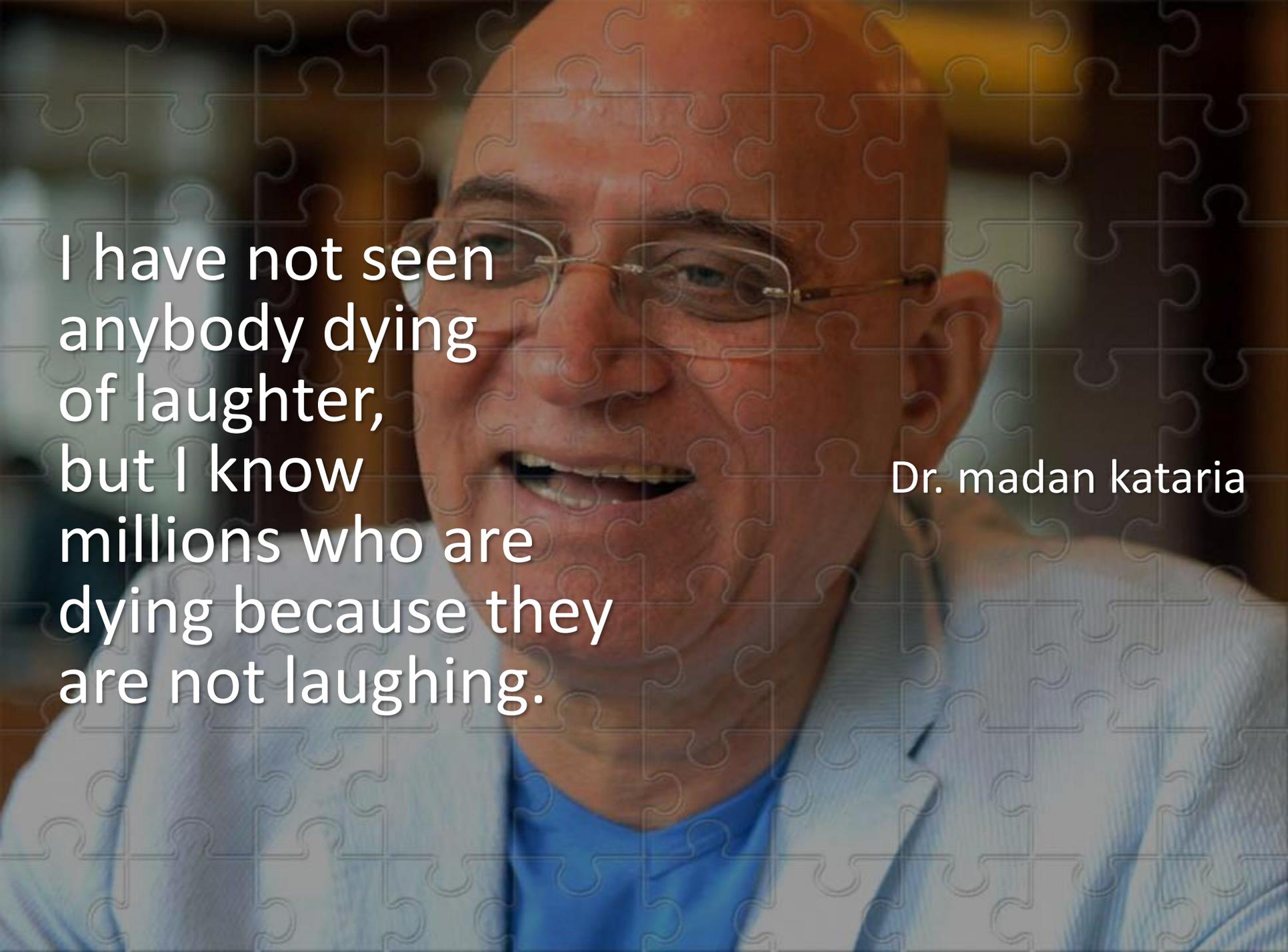


Dr. Hunter Doherty "Patch" Adams

joy is more
important than
any other drug.

Dr. Hunter
Doherty "Patch"
Adams





I have not seen
anybody dying
of laughter,
but I know
millions who are
dying because they
are not laughing.

Dr. madan kataria



5 Tips on
having
more joy

Tip 1

smile

often

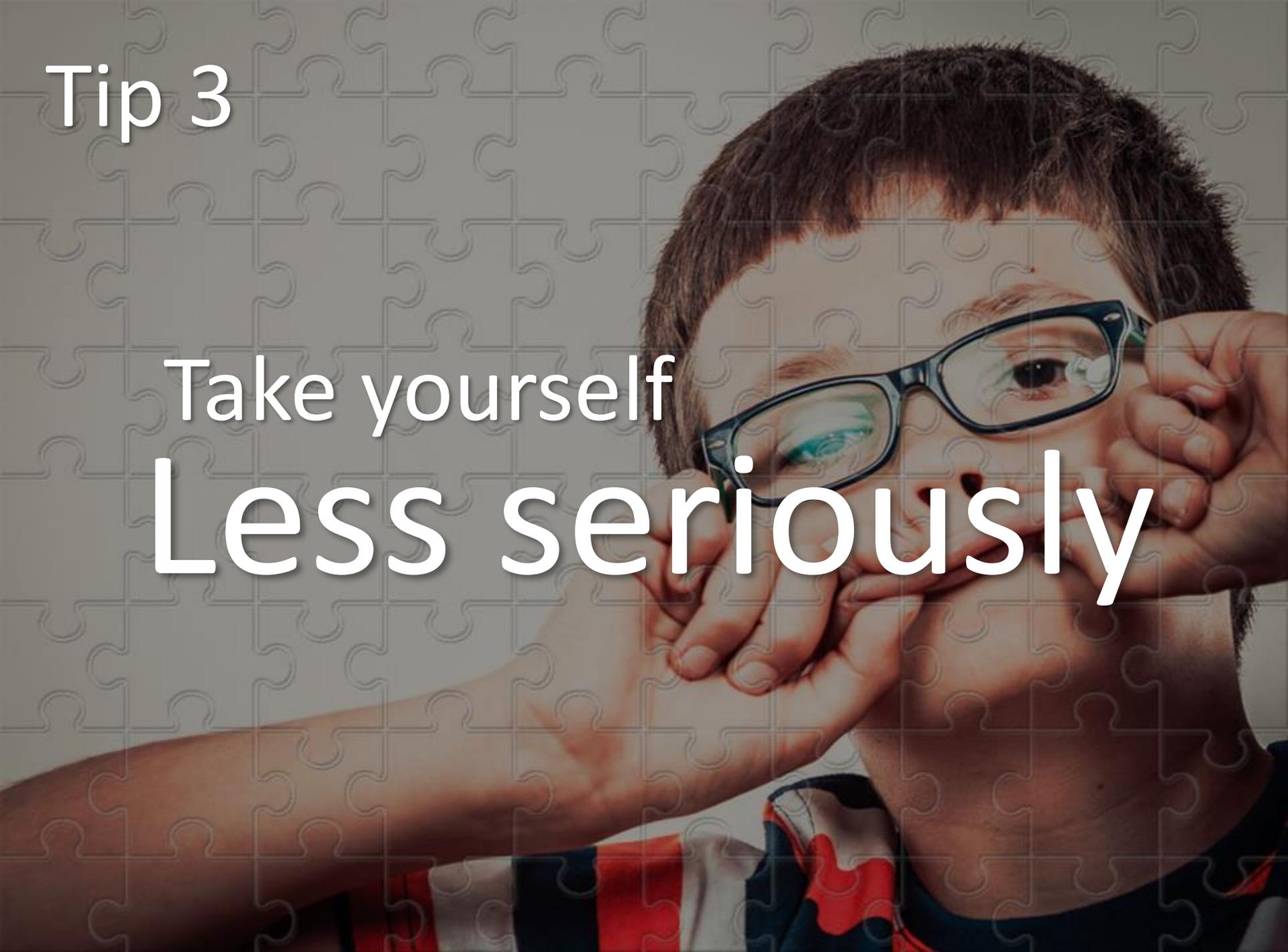
A group of young people, mostly in their late 20s or early 30s, are gathered outdoors, likely at a festival or concert. They are all smiling and looking towards the camera. Several people are holding up their smartphones to take a selfie. The background is a bright, clear blue sky. The overall mood is happy and social.

Tip 2

Spend time with
Fun people

Tip 3

Take yourself
Less seriously



Tip 4

enjoy

Funny media



Tip 5

Make your
Gratitude list

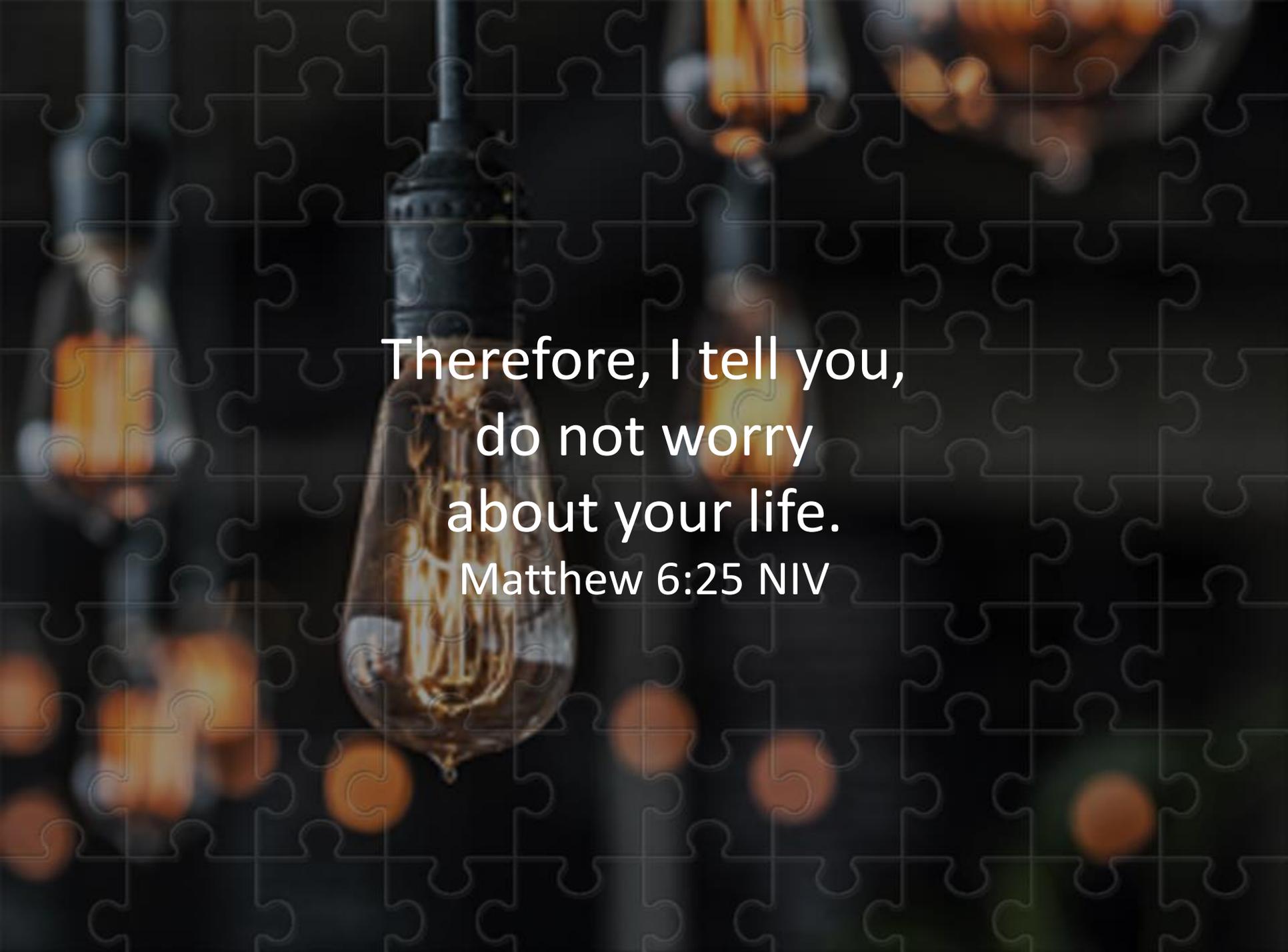
A close-up photograph of a hand holding a red pen, writing in a spiral-bound notebook. The notebook is open, and the pen is positioned over the pages. The background is slightly blurred, showing a desk and other items. The overall tone is warm and focused.

A close-up photograph of an adult's hand gently holding a baby's hand. The background is a warm, brownish-orange color with a faint, repeating pattern of interlocking puzzle pieces. The text 'Dr.trust' is overlaid in the center in a white, sans-serif font.

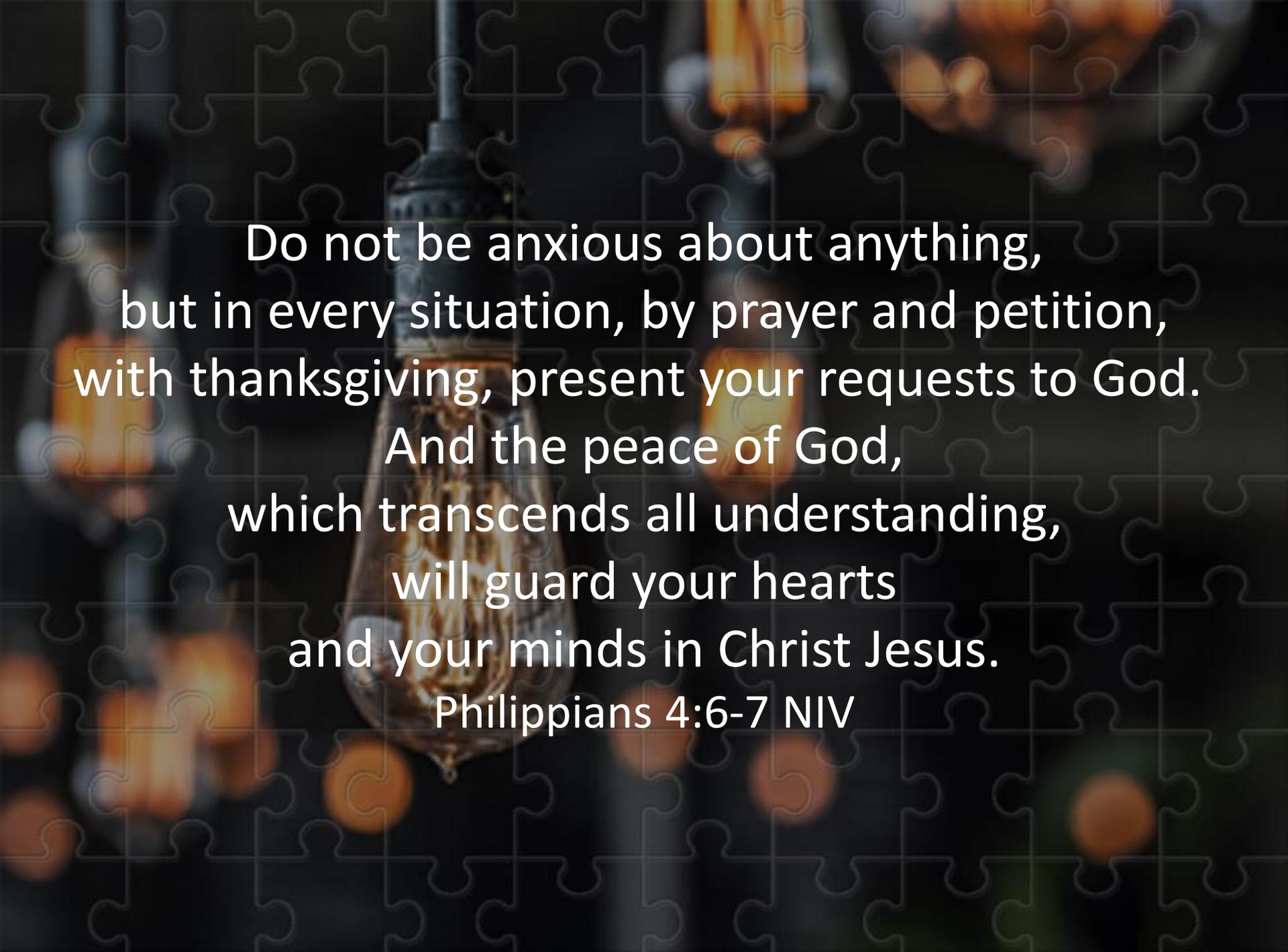
Dr.trust

A close-up photograph of a person's hands clasped in prayer, resting on an open book. The book is placed on a dark, textured wooden surface. The background is softly blurred, showing a wooden wall. The entire image is overlaid with a faint, repeating pattern of interlocking puzzle pieces.

Trust god



Therefore, I tell you,
do not worry
about your life.
Matthew 6:25 NIV

The background features a dark, textured surface resembling a puzzle. In the center, a single lightbulb is illuminated, casting a warm, golden glow. The lightbulb is the focal point, with its filament visible and a soft light emanating from it. The surrounding puzzle pieces are dark and slightly out of focus, creating a sense of depth and a contemplative atmosphere.

Do not be anxious about anything,
but in every situation, by prayer and petition,
with thanksgiving, present your requests to God.

And the peace of God,
which transcends all understanding,
will guard your hearts
and your minds in Christ Jesus.

Philippians 4:6-7 NIV

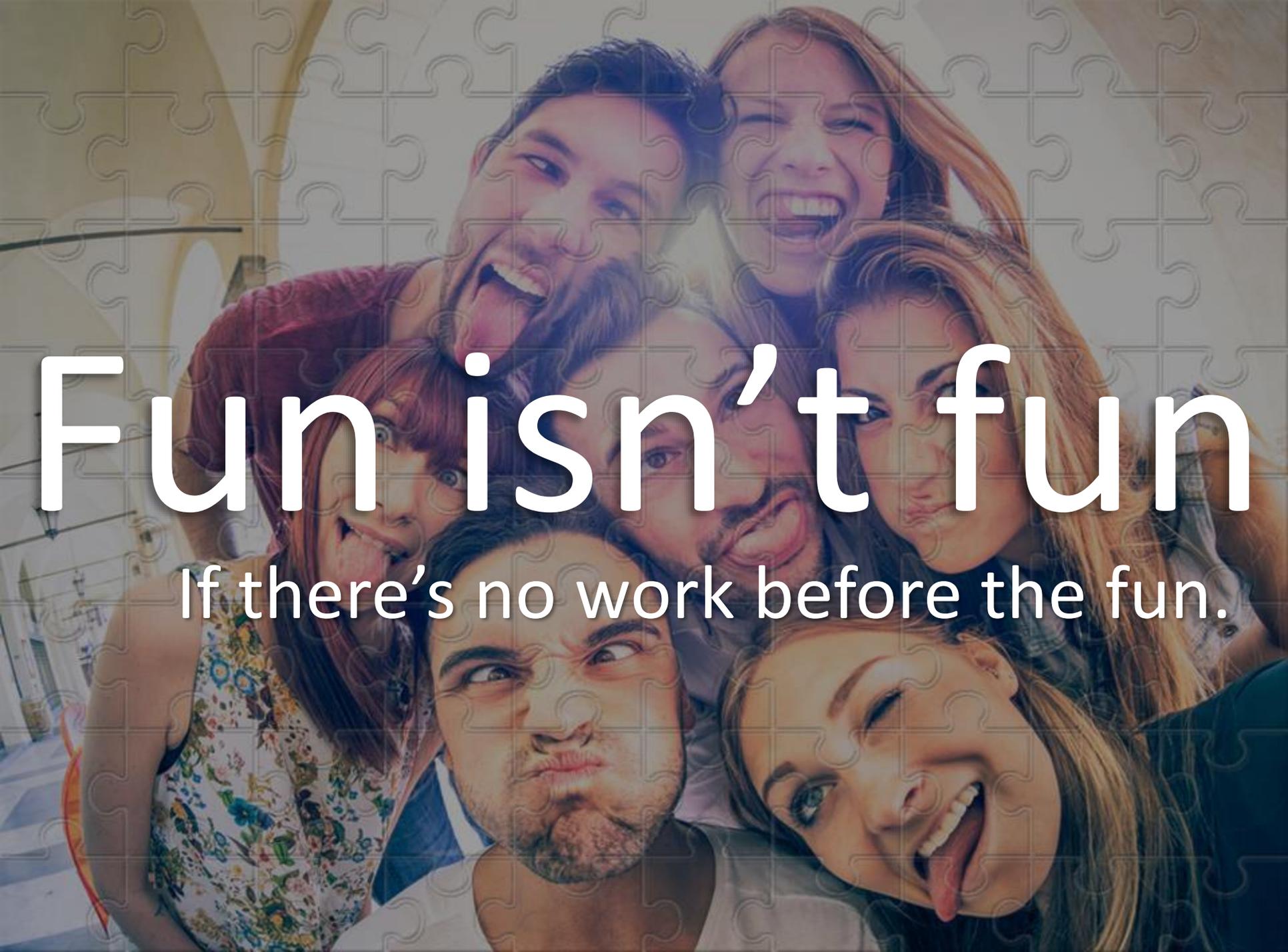
Our health improves
once we stop
dwelling
on our fears
and start dwelling
on our faith.

You can't control
what thoughts
enter your mind,
but you can control
what thoughts
you entertain
in your mind.

Didoy's part

A man in a dark suit and glasses is shown in profile, looking thoughtfully to the left. His hand is raised to his chin. The background is a blurred outdoor setting. A faint, repeating pattern of interlocking puzzle pieces is overlaid on the entire image. The text 'Dr. purpose' is written in a large, white, sans-serif font across the center of the image.

Dr. purpose



Fun isn't fun

If there's no work before the fun.

51%

A woman with her hair in a ponytail is running in a park. The image is overlaid with a grid of puzzle pieces. The text is centered over the image.

Forget retirement.
**Focus on
purpose!**

When your heart
is burning with purpose,
your body has a reason
to remain healthy.



A sluggard's appetite is never filled,
but the desires of the diligent
are fully satisfied.

Proverbs 13:4 NIV

A photograph of an older man with white hair, wearing a plaid shirt and blue jeans, sitting on a wooden bench and holding a baby. The man is smiling and looking at the baby. The baby is wearing a striped shirt and is looking towards the man. The background shows green trees and a bright sky. The entire image is overlaid with a semi-transparent grid of puzzle pieces.

retirement

Is a modern invention

Live your life
To the full
Until god
Calls you home



Keep working



Keep serving

Heal your
thoughts
Heal your
body