

Dr. Jonathan Andrews MAPS FCCLP releases 'The Reconnected Heart: How relationships can help us heal'

Connection injuries are common. Many of us do not feel like we belong, many of us do not feel valued, many of us feel ashamed and betrayed. Psychologists are already at a stretch to meet the demand, and with the foreboding prospect of increasing levels of mental health problems in the future, many of us want to know what we can do to help ourselves get better.

Dr. Jonathan Andrews MAPS FCCLP has noticed a pattern in Christian clients who do recover their mental health. "They all connect," Dr Andrews says "and often they do it in three ways: They connect with themselves, they connect with others and they connect with God."

Using his 20 years of experience as a practicing clinical psychologist, together with biblical foundations, insights from literature and scientific evidence, "The Reconnected Heart: How relationships can help us heal" (published by WestBow Press) leads readers through the steps of healing. Andrews guides them through the chaos of psychological injuries caused by disconnection and towards a reconnected heart — to set them up for a life of trust, self-esteem, honor and belonging.

"There are many books on this issue that are helpful. What makes this book different is that it teaches how to get our relationships back on track so that we can repair the deep psychological injuries many of us have," Andrews says. "Disconnection hurts, and connection heals, so if we are to repair ourselves, we will do well to carefully consider how we might become connected again. By establishing a three-point connection plan, we can set ourselves up for recovery."

"The Reconnected Heart: How relationships can help us heal" aims to remind readers that injuries of connection can be profound, distressing and difficult to budge, but there is great hope. Relationships do hurt people, but relationships also heal people. It happens every day. For more details about this book, please visit <https://www.westbowpress.com/en/bookstore/bookdetails/612175-the-reconnected-heart>

"The Reconnected Heart: How relationships can help us heal"

By [Dr. Jonathan Andrews MAPS FCCLP](#)

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About the Author

Dr. Jonathan Andrews works with adults and young people dealing with depression and anxiety. His life motto is to live with his "heart in mind" and he encourages others to live this way as well; connecting with themselves, with those close to them, and with God. He holds a doctorate degree in clinical psychology and is a member of the Australian Psychological Society (MAPS) and a fellow of the APS College of Clinical Psychologists (FCCLP). He is the director of Heart in Mind, a psychological practice in Brisbane, Australia. He lives in Brisbane with his wife Kylie, their four children and their adopted greyhound, Hazel.

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