

The Gift in You

by Caroline Leaf

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Review by Cindy Buntin

The Gift in You takes a look at our minds and how they work. The author, Dr. Caroline Leaf, says God has given each of us a special gift of intelligence that is uniquely different from anyone else's. She defines success as "living out God's purpose for your life - using the gifting He has given you."

To live out our purpose in life effectively, we need to understand how God has designed us and our gift. Dr. Leaf presents seven pillars which make up our intelligence: Intrapersonal, Interpersonal, Linguistic, Logical/Mathematical, Kinesthetic, Musical and Visual/Spatial. There are infinite combinations and varying degrees of these pillars that our minds use, which is why no two people will ever have the same gift. The book walks you through a series of questions to determine your dominant pillars. Each pillar defines how we see and interpret the world around us. Dr. Leaf points out there are no right or wrong answers to the questions.

In describing how our minds work, the author explains that every type of emotion we experience is either rooted in love or fear and that the two cannot co-exist in our minds at any conscious moment. Every time we have a thought or make a decision, that thought or decision will be based on love or fear. She further explains that God created our minds to think and act out of love, but fear is a learned trait that can take over our minds.

Dr. Leaf gives us a picture of what it looks like when we base our decisions and thoughts on fear instead of love. She describes these as "gift-blockers," which prevent us from living out God's purpose for our lives. She identifies nine gift-blockers: toxic thoughts, toxic emotions, toxic words, toxic love/faith, toxic dreams, toxic choices, toxic touch, toxic seriousness/health/schedules, and toxic unforgiveness/faith. She also identifies five areas that can grow out of toxic thinking: physical illnesses, learning disorders, anxiety disorders, depressive disorders, and addictions. She explains each of the nine gift-blockers and shows how we can change them from toxic to living within our gift and living out our purpose.

The good news is that we have the ability to look at our thoughts and access whether we are operating out of love or fear. Most importantly, we have the ability to change our thoughts from fear-based to love-based. When we do this, we will be operating in our "gift." It is clear that when our brains function out of fear instead of love, there is a host of negative things that can develop because of our toxic thinking. *The Gift in You* teaches us how to use our intelligence (our gift) the way God intended for us, so that we will be living out the purpose God created for each of us.

This is an excellent and fascinating book. I highly recommend it to all who are interested in living out God's purpose for your life with the "gift" He has given you. It will show you how you can get rid of toxic thoughts, which will enable you to live out the purpose God has for you with the intelligence (gift) He created just for you.