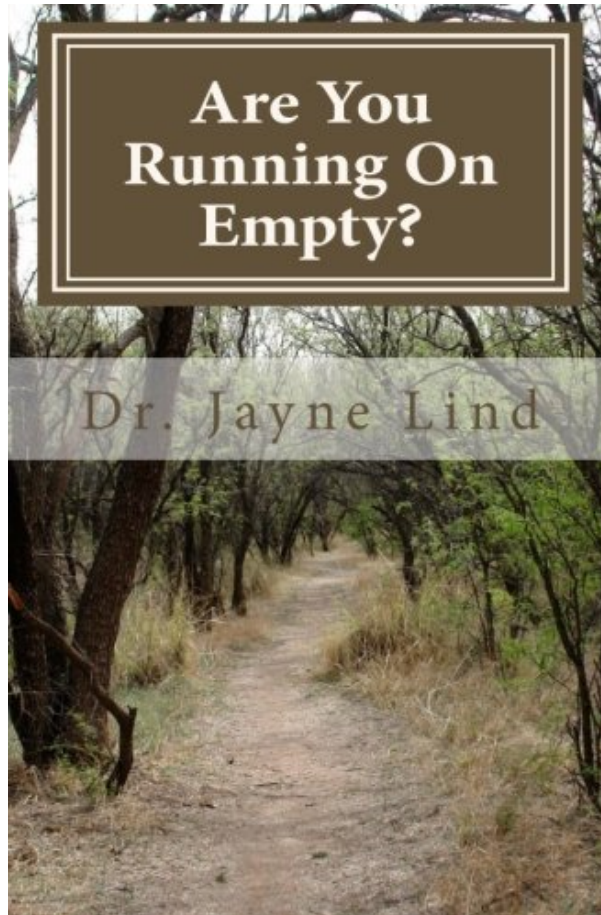
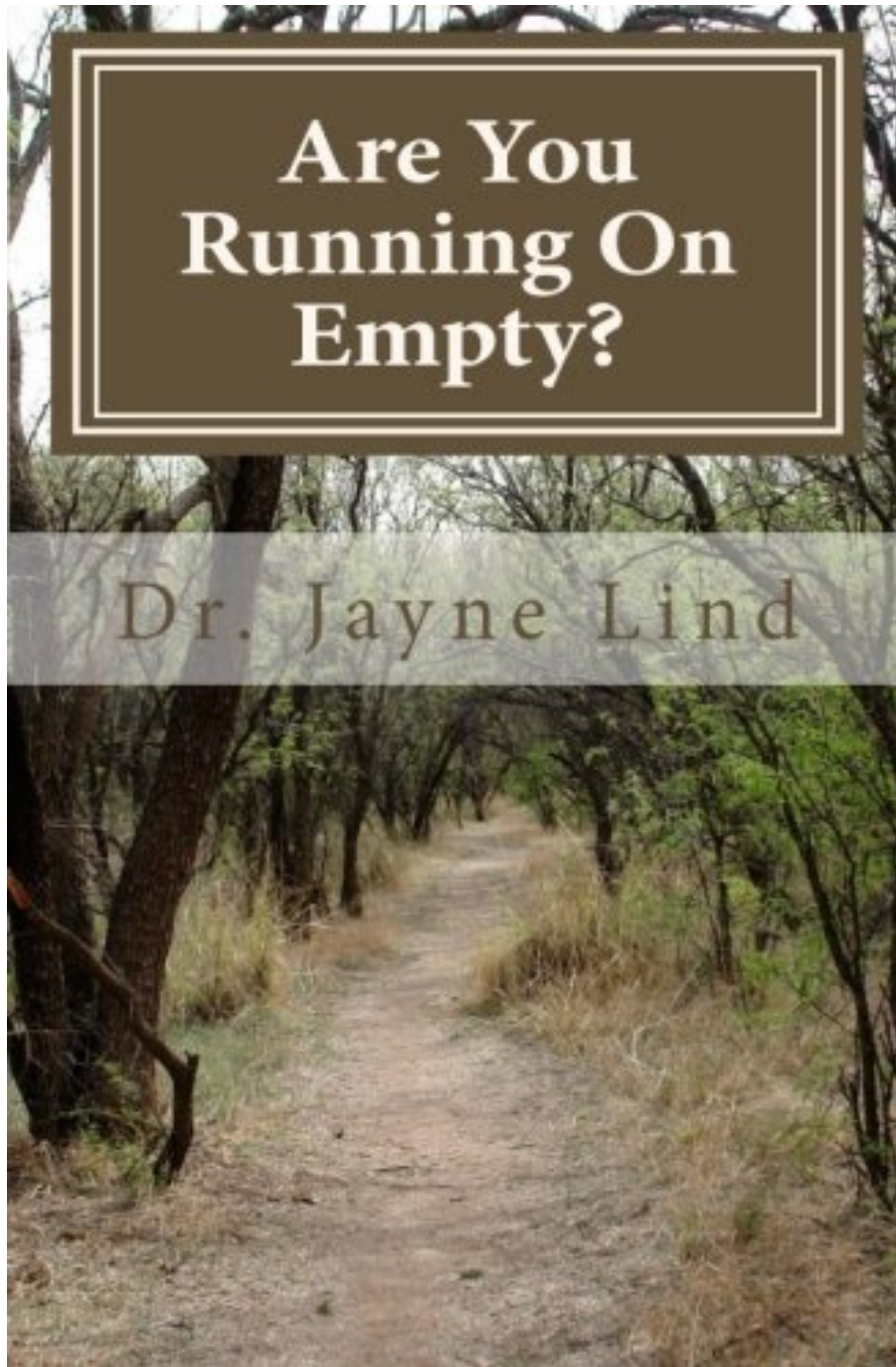


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About the Author

Jayne Lind is a clinical psychologist and author. Her first book, *Talk With Us, Lord*, a book about prayer, was published by Abingdon Press. *Powerdigm*, published by Monarch in the U.K. followed. *Are You Running on Empty* is basically the same book as *Powerdigm* with a different title. She is the author of three novels - *The President's Wife* is on Prozac, *In The Days of Noah*, and *The Vicar And The village*. She lived in England for many years and now resides in Massachusetts.

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Dr. Lind, a Christian psychologist, has developed a new way of thinking about ourselves and others which she has called the Powerdigm. Life is a struggle. Either we are struggling within ourselves or with others. These power struggles drain us, make us feel empty. This books helps the reader to understand how behavior affects relationships, how anger and addictions, anxiety, and depression and all negative emotions block our way, detour our journey through life. Putting these very human conditions into the Powerdigm theory will help the reader to fill himself or herself with power, will help the reader to feel less empty.

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Jayne Lind is a former psychologist and author who, as a Christian, speaks of the difference between being power-full and power-empty (Powerdigm Theory); through analysis of former patients, she draws a clear diagram for us of her Paridign theory helping us to identify and understand why we feel and do the things we do. She covers the dynamics of personal power struggles like being filled up vs. being drained...including how it can affect our relationships. the book chronicles depression, anxiety, addictions, eating disorders and more but, it is an easy read ending with her own story which teaches that for us to be spiritually "power-full" one must find inner peace, rather than happiness which is "fickle and transitory".

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