

# About the Author

Karl Lehman, M.D.

Dr. Lehman is a board-certified psychiatrist with twenty-five years and more than forty thousand hours of clinical experience. He has worked tenaciously throughout his career to integrate his personal Christian faith with medical science, modern mental health care, and his rigorous scientific training; and he has especially worked to integrate faith-based emotional healing with insights provided by psychological and neurological research. In addition to observations from his clinical work and extensive ongoing study of a wide range of research literature, Dr. Lehman is also deeply committed to his own growth and healing. He is constantly learning through the application of emotional healing principles and tools in his



Copyright © 2011 Charlotte Lehman. Used by permission.

personal journey. Furthermore, Dr. Lehman has been married for twenty years, and he and Charlotte work as a team to apply everything they learn about growth and healing in the context of their marriage. This combination of decades of clinical experience, extensive ongoing study, and regular emotional healing work in his own life has provided an especially strong foundation from which to discover important new insights.

Karl and Charlotte live in Evanston, Illinois. They have enjoyed many books together as Charlotte reads out loud while Karl washes the dishes, and they have a larger collection of nature documentaries than the local library. Charlotte is a runner and completed the Chicago Marathon in 2008. Karl especially enjoys the beauty of creation as manifested in his salt water aquarium.