



- Paperback
- 144 pages
- ISBN: 9781802543780
- December 2025
- The Good Book Company

 thegoodbook.com

 amazon.com

Disentangled

Taming Your Thoughts and Feelings to Live Freely for Jesus

Jesus calls Christians to live for him, but it's hard! A tangle of distracting thoughts and painful emotions can trip us up and stop us from being the people we long to be.

Christian neuropsychologist Jo Johnson pairs biblical insight with the tools of psychology to offer a freeing way forward. Through her positive, practical, down-to-earth perspective, you will...

- better understand your inner life
- learn to manage your thoughts, memories, desires, and emotions
- combat overthinking and gain emotional resilience
- take charge of your behavior by applying psychological tools and techniques
- be encouraged to look to Jesus and rely on the help of the Spirit every day.

Driven by the desire to become more like Christ, this book takes your inner struggles seriously while offering the hope of the gospel.

You will be encouraged to throw off everything that hinders and the sin that so easily entangles, fixing your eyes on Jesus as you run the race (Hebrews 12:1)!

Each chapter concludes with action steps and prompts to worship.

About the Author



Jo Johnson is a clinical neuropsychologist with decades of experience both inside and outside the UK National Health Service. She is married to a church leader and lives in the south of England, where she enjoys walking and drinking coffee. Alongside *Disentangled*, which is her first work of Christian non-fiction, she is also the author of a number of psychology books, as well as several psychological novels including *Surviving Me*.

Endorsements

“This welcome book blends sound biblical truth and solid psychology to tackle those problems of troublesome emotions and unhelpful thoughts. Clear and practical, this is a book to be read, re-read, and acted on.”

J. John

Speaker and Author

“Jo’s faith, honesty, and expertise have come together powerfully in *Disentangled*. She shows us a way to stop avoiding feelings and thoughts in the safety of God’s grace and sovereignty, and follows this with practical steps. If you don’t know where to start with spiritual formation because your thoughts and feelings seem too scary, then I would highly recommend starting here!”

Kris Defriend

Retired Child and Adolescent Psychiatrist

Suggested Interview Questions

1. As a clinical neuropsychologist and Christian, how do you combine psychological tools with biblical truth in this book?
2. What are the “thorns that entangle,” and why must we confront them?
3. How does grace fundamentally transform our approach to thoughts and feelings?
4. How does the autopilot phenomenon hinder a Christian’s spiritual journey?
5. What role does the Holy Spirit play throughout the process of disentanglement?
6. How do simple acts like noticing and naming help start the process of disentanglement?
7. How does the idea of “unhooking” from thoughts and feelings, instead of trying to eliminate them, offer a more sustainable path to freedom?
8. What practical steps can help us distinguish between genuine, God-given emotions that motivate us and “feeling saboteurs” that entangle us?
9. How can we embrace the concept of being a “glorified mess” and the ongoing process of spiritual transformation?
10. What advice would you give to a reader overwhelmed by the messiness of their inner world after beginning this book?



To schedule an interview, contact publicity@thegoodbook.com or publicity@thegoodbook.co.uk.