

A Christian Counseling Model Christian

What does authentic Christian counseling look like in practice? This volume explores how five major perspectives on the interface of Christianity and psychology would each actually be applied in a clinical setting. Respected experts associated with each of the perspectives depict how to assess, conceptualize, counsel and offer aftercare to Jake, a hypothetical client with a variety of complex issues. In each case the contributors seek to explain how theory can translate into real-life counseling scenarios. This book builds on the framework of Eric L. Johnson's *Psychology & Christianity: Five Views*. These include the Levels-of-Explanation Approach, the Integration Approach, the Christian Psychology Approach, the Transformational Approach and the Biblical Counseling Approach. While *Counseling and Christianity* can be used independently of Johnson's volume, the two can also function as useful companions. Christians who counsel, both those in practice and those still in training, will be served by this volume as it strengthens the connections between theory and practice in relating our faith to the mental health disciplines. They will finally get an answer to their persistent but unanswered question: "What would that counseling view look like behind closed doors?"

This proven guide in pastoral counseling has been extensively expanded and revised by the author to include recent developments and research, new resources, and attention to newly urgent needs such as AIDS, eating disorders, homosexuality, and violence. Written with clarity and sensitivity, this volume builds on biblical foundations and the best resources of professional psychology. It reflects the insights the author has gained from many years of Christian counseling. New Sections include: The Legal, Ethical and Moral Issues in Counseling The Multicultural, Multiracial Issues in Counseling Conflict and Relationships Dealing with Death and Grief Alcoholism and Other Substance Abuse Crises and Trauma Counseling and Terrorism

Whether you are a professional counselor meeting with a troubled couple or a layperson comforting a grieving friend, counseling is something you may find yourself called to do at times. From his years of experience as a clinical psychologist, Dr. Timothy Foster has distilled the basics of what to do and how to do it in this practical guide. In addition to offering sample counseling dialogues, explaining a variety of verbal and nonverbal techniques, and candidly discussing how to avoid harmful entanglements, Foster gives advice on: -Counseling dos and don'ts -Helping people who are depressed -Understanding how emotions work -Solving marital difficulties -Dealing with grief -Helping people confront themselves -And much more 'The Handbook of Christian Counseling' is an essential reference you will want to keep on hand for easily accessible answers when others turn to you in their time of need.

Initially developed as a classroom resource, *Evaluating Models of Christian Counseling* serves as a primary example of the complexities involved in integrating psychology, theology, and spirituality into the counseling process. The would-be counselor and the experienced professional are each introduced to a systematic evaluation model for determining how effectively a specific Christian Counseling Program incorporates psychological, spiritual, and theological constructs into their milieu. After presenting a working definition of the counseling process and its relationship to psychology, theology, and spirituality, an application of the evaluation model to four Christian Counseling programs is demonstrated.

How are Christians to understand and undertake the discipline of psychology? This question has been of keen interest (and sometimes concern) to Christians because of the importance we place on a correct understanding of human nature. Psychology can sometimes seem disconnected from, if not antithetical to, Christian perspectives on life. How are we to understand our Christian beliefs about persons in relation to secular psychological beliefs? This revised edition of a widely appreciated text now presents five models for understanding the relationship between psychology and Christianity. All the essays and responses have been reworked and updated with some new contributors including the addition of a new perspective, the transformative view from John Coe and Todd Hall (Biola University). Also found here is David Powlison (Westminster Theological Seminary) who offers the biblical counseling model. The levels-of-explanation model is advanced by David G. Myers (Hope College), while Stanton L. Jones (Wheaton College) offers an entirely new chapter presenting the integration model. The Christian psychology model is put forth by Robert C. Roberts (Baylor University) now joined by Paul J. Watson (University of Tennessee, Chattanooga). Each of the contributors responds to the other essayists, noting points of agreement as well as problems they see. Eric L. Johnson provides a revised introduction that describes the history of Christians and psychology, as well as a conclusion that considers what might unite the five views and how a reader might evaluate the relative strengths and weaknesses of each view. *Psychology and Christianity: Five Views* has become a standard introductory textbook for students and professors of Christian psychology. This revision promises to keep it so.

A textbook which will be of interest to all whom, when faced with hurting people, ask themselves "What should I say now?" Both authors teach postgraduate level counseling giving a model based upon Biblical and Christian principles. Section 1 argues that to understand the creation you must look to the Creator who designed it.

Since the beginning of the biblical counseling movement in 1970, biblical counselors have argued that counseling is a ministry of the Word, just like preaching or missions. As a ministry, counseling must be defined according to sound biblical theology rather than secular principles of psychology. For over four decades, biblical theology has been at the core of the biblical counseling movement. Leaders in biblical counseling have emphasized a commitment to teaching doctrine in their counseling courses out of the conviction that good theology leads to good counseling...and bad theology leads to bad counseling. *A Theology of Biblical Counseling* is a landmark new book that covers the history of the

biblical counseling movement, the core convictions that underlie sound counseling, and practical wisdom for counseling today. Dr. Heath Lambert shows how biblical counseling is rooted in the Scriptures while illustrating the real challenges counselors face today through true stories from the counseling room. A substantive textbook written in accessible language, it is an ideal resource for use in training biblical counselors at colleges, seminaries, and training institutes. In each chapter, doctrine comes to life in real ministry to real people, dramatically demonstrating how theology intersects with the lives of actual counselees.

What would it mean for Christian counseling and pastoral care to take seriously the idea that God intervenes in the world? What would it look like for therapists and pastors to see themselves as opening the door to a miraculous divine encounter? How would counseling change if the intervention of God was not merely a theoretical idea but a lived experience? Building on Gary Collins's classic work, *The Rebuilding of Psychology*, the essays in this volume explore what a God-centered model of Christian counseling or pastoral care would look like. The contributors share the conviction that God is able to bring about lasting psycho-spiritual change here and now. Some of the topics discussed in the book include: Inner healing Prayer ministry Deliverance Christian holism Contemplative prayer Cognitive-behavioral therapy Emotion-focused therapy Group therapy Forgiveness Visualization and EMDR Addiction Life coaching This book seeks to encourage and aid counselors, pastors, church staff, clinical practitioners, academics and students in developing this kind of God-encountering, Christ-centered ministry of miraculous change.

Mark A. Yarhouse and James N. Sells survey the major approaches to family therapy and treat significant psychotherapeutic issues within a Christian framework, offering timely wisdom for therapeutic practice. Fully updated and revised, this second edition is an indispensable resource for those in the mental health professions, including counselors, psychologists, family therapists, social workers, and pastors.

Many Christian counselors and pastors want to bring Christ's Gospel and forgiveness into their soul care, but don't know how. Luther's very Christ-centered theology, based in his desire for care of souls, can provide us with that foundation. Various techniques flowing from that foundation are shared. "Martin Luther formulated his proclamation of the message of Scripture for his contemporaries between the poles of God's voice in the pages of the Bible and the needs and afflictions of his hearers and readers. Marris brings twenty-first century readers into that exchange and demonstrates how Luther's insights into the gospel of Jesus Christ help bring healing and comfort to those struggling with guilt, shame, fear, loneliness, and other spiritual afflictions in our day. This volume provides those who are engaged in conversation with the troubled and distressed rich resources for fostering peace and joy in the midst of such trouble and distress." Robert Kolb, PhD, professor of systematic theology emeritus, Concordia Seminary, Saint Louis USA "If all good theology is pastoral in its orientation, then this groundbreaking, practical, biblical study is well worth careful consideration by any pastor or Christian counsellor. In it Marris engages in a conversation with the teaching of Luther as a Christ-centered pastoral theologian and the practical insights of psychologists on the personal care of their clients, with a special emphasis on Luther's insistence on the need to distinguish between law and gospel in the proper application of God's gracious word with the delivery of soul care to God's people." John W. Kleinig, PhD Professor Emeritus, Australian Lutheran College University of Divinity, Adelaide, South Australia

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Marriages are in trouble today. That is clear. Effective methods of combating this trend are less evident. Counselors, pastors and social workers need more than mere theories or mere moralizing. They need a practical and comprehensive model for understanding couples and their problems. They need a thoroughly Christian perspective that is biblical, compassionate and human. Everett Worthington provides this in an integrated, biblically based theory of marriage and marriage therapy with analysis at three levels: the individual, the couple and the family. The model he has constructed, with techniques drawn from the major psychological schools, is standard enough to guide counselors in actual interventions and powerful enough to produce change. A thoroughgoing overview of the assessment process includes practical, workable guidelines for: creating realistic, mutually-agreeable goals for counselor and clients; estimating the number of sessions needed to reach those goals; and planning the actual assessment, intervention and termination sessions. Next Worthington offers specific techniques for enhancing cooperative change, intimacy, communication, conflict resolution and forgiveness within the marriage. But keeping couples from slipping back into old patterns is one of the counselor's most difficult tasks. So Worthington concludes with suggestions for solidifying change and effectively concluding the counseling relationship. Here is a text that will be a standard for counselors, pastors and mental health professionals in the years to come.

Combining cutting-edge expertise with deeply rooted Christian insights, this text from a leading figure in the Christian counseling community offers readers a comprehensive survey of ten major counseling and psychotherapy approaches. For each approach, Siang-Yang Tan first provides a substantial introduction, assessing the approach's effectiveness and the latest research findings or empirical evidence for it. He then critiques the approach from a Christian perspective. Tan also includes hypothetical transcripts of interventions for each major approach to help readers get a better sense of the clinical work involved. This book presents a Christian approach to counseling and psychotherapy that is Christ centered, biblically based, and Spirit filled.

Although there are psychologists who believe that psychology is the answer to all of mankind's mental disorders; there is no one program which will be effective to help fallen mankind. While the scientific knowledge of psychology has its place, it must never supersede the infallible Word of God. Therefore, counselors should use this therapy very moderately and with wisdom. Moreover, there are not many psychologists from the secular arena who are of the opinion that the Word of God has any place in counseling. Still, counseling is a function and ministry of the Christian church. A few years ago I did a research study which answered the question, "What is the purpose for counseling in the Christian church and the role of psychology in this approach?" In my findings I found that many pastors were not interested in counseling, while others sent the hurting individual to secular professionals who do not acknowledge the fallen state of man. However, one of the most important features of Christian counseling is the truth of God's word which has effect for any condition and helps the entire person: soul, body, and spirit. This sets Christian counseling apart from secular which is based on psychology. The text is prepared for the Christian counselor who wants to excel in the profession with a desire to help the wounded counselee. Dr. Stuart is a Licensed Clinical Pastoral Counselor who has been in the profession for many years. She is the Associate Pastor of Hope Redemption Worship Center Inc., GA, where Rev. Winston L. Blair is Pastor. For more on Dr. Stuart and to listen to archived programs on the internet go to www.frministry.org

Under the guidance and approval of the American Association of Christian Counselors, more than forty Christian professionals have contributed to this reference book that provides a biblically based and empirically validated model of 21st-century Christian counseling that invites Christ into the heart of the helping process to meet the deepest needs of individuals and families.

How does one view Christian counseling as a calling? What is the role and task of the counselor from a theological perspective? How does one strip away the ambiguity that is too often inherent in the words "therapy" and "counseling" in a religious setting? Ray S. Anderson has written this book as a theologian with a keen interest in helping Christian counselors fulfill their task more effectively by enabling them to see that task more clearly. Too often, even counselors who achieve effective results are beset by what Anderson calls "an uneasy conscience"--the realization that for some reason "a little transactional analysis once a week works better than a month of Sundays in curing the souls of troubled parishioners." This book seeks to put that uneasiness and ambiguity to rest by helping counselors see their work as a means of grace, rooted in a model of personhood that is both theologically and psychologically sound for realizing the full potential of each person. *Christians Who Counsel* has three parts, involving building a foundation for Christian counseling, exploring the spiritual dynamics in counseling, and describing counseling in a distinctly Christian mode. Written without either theological or psychological jargon, this book is for all Christians who counsel, whether pastors, lay counselors, psychotherapists, or family therapists. With clarity of vision comes the power of a renewed commitment.

"For the clients who see us in counseling . . . theological purity will make little difference if we do not practice with ethical integrity." Randolph K. Sanders, from chapter one

The work of psychotherapy and counseling is full of ethical challenges and dilemmas. Responding to these situations with wisdom is critical, not only for the professional's credibility, but also for good therapeutic relationships and positive treatment outcomes. Since its first publication, *Christian Counseling Ethics* has become a standard reference work for Christian psychologists, counselors and pastors and a key text at Christian universities and seminaries. This thoroughly revised edition retains core material on counseling ethics that has made it so valuable in a variety of settings. Now fully updated, it weighs and assesses new and emerging ethical issues in the field. For example, the current volume explores ethical issues involved in: multiple relationships, confidentiality, documentation, therapist competence and character, addressing spiritual and value issues in therapy, teletherapy, individual and couples therapy, counseling with minors, psychological first aid after disasters, counseling crossculturally. In addition, the book considers dilemmas Christian therapists face in specific settings such as: church-based counseling centers, government and military institutions, missions organizations, college counseling centers.

Psychologist Randolph Sanders has assembled a distinguished team of clinicians and academicians to address the issues. They include W. Brad Johnson, Alan Tjeltveit, Everett Worthington, Sally Schwer Canning, Siang-Yang Tan, Tamara Anderson, Stanton Jones, Jennifer Ripley, Angela Sabates, Mark Yarhouse, Richard Butman and Cynthia Eriksson.

Master the essentials of effective biblical counseling

Christ-Centered Biblical Counseling is a comprehensive resource that will help you understand how to minister from God's truth to change lives. With the cumulative wisdom of almost 40 contributors with exceptional credentials and experience, you'll discover a valuable model for counseling that explains... The Why of Biblical Counseling Why the Bible is sufficient and relevant for addressing every issue we face Why biblical counseling is so effective in helping people face life's struggles in Christ's strength The How of Biblical Counseling How you can lead struggling, hurting people to the hope and strength available only in Christ How to counsel in a way that is Christ-centered and God-glorifying

Every chapter provides a wonderful blend of theological wisdom and practical expertise, and is written to be accessible to everyone who wishes to extend Christ's love to others—pastors, church leaders, counseling practitioners, instructors, lay people, and students. In this massively important new book... leading figures in the biblical counseling movement set forth a wealth of wisdom. We have needed this book for a long time. —Dr. R. Albert Mohler Jr., president, Southern Baptist Theological Seminary

Christ-Centered Biblical Counseling is warm, personal, gentle, always wanting to listen and know the person, confident in the Spirit's working through the Word of Christ. —Dr. Ed Welch, CCEF faculty, author of *Shame Interrupted*

This guide has been written to help Christian leaders in their counseling work. Case studies are matched with biblical analyses. This then leads to a survey of causes, effects, counseling considerations, and suggested ways to prevent the problem.

You speak God's truth when you counsel. But do you also communicate His grace? The Christian counselor or pastor plays an important role in helping people process the trauma they've experienced. Too often, a client leaves the counselor's office with feelings of guilt and shame. They feel the heavy burden of what they did wrong. But somehow, they've missed the grace of God that makes things right again. A counseling model that stays true to a biblical worldview will overflow with grace . . . not cheap grace, but real grace that acknowledges sin while offering a hopeful path to redemption and healing. In *Grace-Based Counseling*, professional counselors Richard Fowler and Natalie Ford offer a model that blends the truths of Scripture, the science of psychology, and the everlasting hope of the gospel. In this book you will find: New, grace-based counseling model Detailed application of the model, with case studies Practical toolbox with surveys, assessments, and counseling helps

A Christian counseling model can't just be about admonishment. That approach only leads to shame and human efforts that are doomed to fail. But when the gospel is brought to bear in the counseling relationship, real life change is possible. Then the counselor becomes an instrument of divine grace in the hands of a faithful God.

Beginning in the late 1960s, a biblical counseling movement sought to reclaim counseling for the church and provide a Christian alternative to mainstream psychiatry and psychotherapy. *The Biblical Counseling Movement: History and Context* is an informative and thought-provoking account of that movement. David Powlison's historical account ...

Sin. Grace. Christian Counseling. How do these fit together? In Christian theology sin and grace are intrinsically interconnected. Teacher and counselor Mark McMinn believes that Christian counseling, then, must also take account of both human sin and God's grace. For both sin and grace are distorted whenever one is emphasized without the other. McMinn, noting his own tendencies and the temptation to stereotype different Christian approaches to counseling along this theological divide, aims to help all those preparing for or currently serving in the helping professions. Expounding the proper relationship of sin and grace, McMinn shows how the full truth of the Christian gospel works itself out in the functional, structural and relational domains of an integrative model of psychotherapy.

"The local church should and can successfully assume responsibility within its ranks for restoring troubled people to full, productive, creative lives." "If we are to hope for success in such immense and seriously neglected responsibility, pastors need to return to the biblical model not of ministering to their people but of equipping their people to minister to each other by using their spiritual gifts." "Congregations need to regain that wonderful sense of 'koinonia' fellowship and pro practice true community."

Introduces the foundations of a distinctively Christian approach to counseling.

In *Effective Biblical Counseling*, Gold Medallion Award-winning author Dr. Larry Crabb presents a model of counseling that can be gracefully integrated into the functioning of the local church. He asserts that counseling is simply a relationship between people who care and that its goal is to free people to better worship and serve God. This book will show you how to help people

achieve obedience and character growth in their lives, and establish a sense of personal worth and security along the way. Dr. Crabb says, "I believe that God has ordained the local church to be his primary instrument to tend to his people's aches and pains. In writing this book I have tried to be of practical help to Christians who want to be more effective in ministering to their suffering brothers and sisters."

Kirwan not only sounds a clarion call for thorough integration of psychology and theology, he demonstrates that it can be done.

This one of a kind resource provides pastors, church leaders, and non-professional counselors with everything they need to establish a program for lay counseling. This new edition has been thoroughly revised and updated in light of fresh research and outlines a practical training resource that can be used to train and equip lay counselors. Filled with useful forms and questionnaires, it also provides a helpful and comprehensive survey of the programs and resources that are currently available.

Most therapeutic approaches, especially those of a cognitive orientation, are not very effective in dealing with high conflict relationships--couples often heading toward divorce by the time they seek help. *Counseling Couples in Conflict* is a resource for counselors and therapists who want to be ready for these uniquely difficult cases. Utilizing a relational conflict and restoration model Mark Yarhouse and James Sells point the way beyond the cycle of pain towards marital healing.

Today we face a tremendous weakening of confidence in the Bible. This is just as true for the pastor offering counsel in his office as it is for the person in the pew talking with a struggling friend at Starbucks or the small group leader who is unsure of what to say to a hurting group member. We need to regain our confidence in God's Word as sufficient to address the real life issues we face today. We need to understand how the Bible equips us to grow in counseling competence as we use it to tackle the complex issues of life. *Scripture and Counseling* is divided into two sections of nine chapters each: Part One helps readers to develop a robust biblical view of Scripture's sufficiency for "life and godliness" leading to increased confidence in God's Word. Part Two assists readers in learning how to use Scripture in the counseling process. This section demonstrates how a firm grasp of the sufficiency of Scripture leads to increased competence in the ancient art of personally ministering God's Word to others. Part of the Biblical Counseling Coalition series, *Scripture and Counseling* brings you the wisdom of twenty ministry leaders who write so you can have confidence that God's Word is sufficient, necessary, and relevant to equip God's people to address the complex issues of life in a broken world. It blends theological wisdom with practical expertise and is accessible to pastors, church leaders, counseling practitioners, and students, equipping them to minister the truth and power of God's word in the context of biblical counseling, soul care, spiritual direction, pastoral care, and small group facilitation.

Seasoned counselors and professors Ron Hawkins and Tim Clinton offer a comprehensive guide that empowers Christian counselors by clarifying their task: to help people take possession of their souls...through the power of the Spirit; under the authority of the Word; in a supportive community of accountability...that they may be like Christ. The authors address head-on today's enticing new imitations of true peace and tantalizing opportunities for people in pain to anesthetize themselves. But they also highlight the foundation of hope: God loves, he empowers, and he refuses to abandon his passion for connection with his children. Case studies illustrate how to help people take possession of the thinking self, the feeling self, the decision-making self, the physical self, and the relational self. This comprehensive plan for effective intervention is perfect for lay counselors, students, and professionals looking for ways to integrate their faith and practice.

Seasoned counselors and professors Tim Clinton and Ron Hawkins provide a landmark reference that offers a capstone definition of the emerging profession and ministry of the Christian counselor. Appropriate for professional counselors, lay counselors, pastors, students, and teachers, it includes nearly 300 entries by nearly 100 top Christian counselors. This practical guide focuses on functional aspects of Christian counseling and explores such important topics as...Christian counseling as a profession, ministry, and lay ministry; Spiritual and theological roots; Social, emotional, and relational issues; Skills and essentials in Christian helping; Ethical and legal considerations; Intake, assessment, diagnosis, and treatment planning; and Premarital counseling, family therapy, and substance abuse. Counselors will also find up-to-date information on solution-based brief therapy, cognitive therapy and biblical truth, and trauma and crisis intervention. An essential resource for maintaining a broad and up-to-date perspective on helping others.

Many counselors are not adequately prepared to help those suffering from complex posttraumatic stress disorder (C-PTSD). In this updated text, Heather Davediuk Gingrich provides an essential resource for Christian counselors, ably integrating the established research on trauma therapy with insights from her own thirty years of experience and an understanding of the special concerns related to Christian counseling.

The essays collected in this volume examine evidence-based approaches to Christian counseling and psychotherapy, exploring treatments for individuals, couples and groups. The book addresses both the advantages and the challenges of this evidence-based approach and concludes with reflections on the future of such treatments.

Mark R. McMinn is Professor of Psychology and Director of Integration in the Graduate Department of Clinical Psychology at George Fox University in Newberg, Oregon. He was previously on faculty at Wheaton College in Illinois, where he was the Rech Professor of Psychology from 1996 to 2006. Mark is a licensed psychologist in Illinois and is board certified by the American Board of Professional Psychology. He is Past-President of the APA's Psychology of Religion division. His other books include *Sin and Grace in Christian Counseling* (2008), *Integrative Psychotherapy* (coauthored with Clark D. Campbell, 2007), *Finding Our Way Home* (2005), *Why Sin Matters* (2004), *Care for the Soul* (coedited with Timothy R. Phillips, 2001), and *Psychology, Theology, and Spirituality in Christian Counseling* (1996). Mark and his wife, Lisa--a sociologist and author--live in rural Oregon. They have three grown daughters.

The American Association of Christian Counselors and Tyndale House Publishers are committed to ministering to the spiritual needs of people. This book is part of the professional series that offers counselors the latest techniques, theory, and general information that is vital to their work. While many books have tried to integrate theology and psychology, this book takes another step and explores the importance of the spiritual disciplines in psychotherapy, helping counselors to integrate the biblical principles of forgiveness, redemption, restitution, prayer, and worship into their counseling techniques. Mark R. McMinn, Ph.D., is professor of psychology at Wheaton College Graduate School in Wheaton, Illinois, where he directs and teaches in the Doctor of Psychology program. A diplomate in Clinical Psychology of the American Board of Professional Psychology, McMinn has thirteen years of postdoctoral experience in counseling,

psychotherapy, and psychological testing. McMinn is the author of Making the Best of Stress: How Life's Hassles Can Form the Fruit of the Spirit; The Jekyll/Hyde Syndrome: Controlling Inner Conflict through Authentic Living; Cognitive Therapy Techniques in Christian Counseling; and Christians in the Crossfire (written with James D. Foster). He and his wife, Lisa, have three daughters.

Can contemplative prayer be integrated into therapeutic work? Building an alliance between science, theology, and Christian contemplative thought, Gregg Blanton presents a new paradigm for integrating contemplative prayer with counseling practice. This practical resource offers eleven fundamental interventions to fit the needs of clients and a practical four-stage process for helping clients change.

A Theology of Christian Counseling connects biblical doctrine with practical living. Salvation, that central concern of Protestant theology, is often too narrowly defined. It is thought of as "being saved from the consequences of sin." But God is doing much more. He is making something new out of the old sinful nature. He is, in Christ, making new creatures. "No counseling system that is based on some other foundation can begin to offer what Christian counseling offers. . . . No matter what the problem is, no matter how greatly sin has abounded, the Christian counselor's stance is struck by the far-more-abounding nature of the grace of Jesus Christ in redemption. What a difference this makes in counseling!" In this book the reader will gain an insight into the rich theological framework that supports and directs a biblical approach to counseling. And the connection between solid theology and practical application will become compelling. This book is one-of-a-kind.

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