



Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health

By Dr. Caroline Leaf

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According to researchers, the vast majority--a whopping 75-98 percent--of the illnesses that plague us today are a direct result of our thought life. What we think about truly affects us both physically and emotionally. In fact, fear alone triggers more than 1,400 known physical and chemical responses in our bodies, activating more than thirty different hormones! Today our culture is undergoing an epidemic of toxic thoughts that, left unchecked, create ideal conditions for illnesses.

Supported by current scientific and medical research, Dr. Caroline Leaf gives readers a prescription for better health and wholeness through correct thinking patterns, declaring that we are not victims of our biology. She shares with readers the "switch" in our brains that enables us to live happier, healthier, more enjoyable lives where we achieve our goals, maintain our weight, and even become more intelligent. She shows us how to choose life, get our minds under control, and reap the benefits of a detoxed thought life.

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Editorial Review

From the Inside Flap

You are not a victim of your biology!

The vast majority of the illnesses that plague us today are a direct result of our thought life. What we think about truly affects us both physically and emotionally. Today our culture is undergoing an epidemic of toxic thoughts that, left unchecked, create ideal conditions for illnesses.

Supported by current scientific and medical research, Dr. Caroline Leaf gives you a prescription for better health and wholeness through correct thinking patterns. She exposes the "switch" in your brain that will enable you to live a happier, healthier, more enjoyable life where you achieve your goals, get your thought life under control, and even become more intelligent. And her 21-Day Brain Detox Plan guides you step-by-step through the process of replacing toxic thoughts with healthy ones.

Ready to reap the benefits of a detoxed thought life? Read on . . . **Dr. Caroline Leaf** is a communication pathologist and audiologist who has worked in the area of cognitive neuroscience since 1985. Her pioneering work on neuroplasticity--that changes in thinking actually change the brain and can effect behavioral change--paved the way for her current research on how scientific principles are supported by Scripture and vice versa. She is a prolific author and has been featured on *Enjoying Everyday Life* with Joyce Meyer, *LIFE Today* with James and Betty Robison, *Today with Marilyn and Sarah*, *It's Supernatural* with Sid Roth, and *Doctor to Doctor*. Dr. Leaf also hosts *Switch On Your Brain* on TBN. She and her husband, Mac, live in Dallas, Texas, with their four children.

From the Back Cover

"If you need a change in your thought life or overall attitude, *Switch On Your Brain* will convince you that your brain can be renewed by the power of God's Spirit and biblical truth."--**James Robison**, president of LIFE Outreach International; cohost of *LIFE Today*

"The following pages are not information, they are revelation. Caroline's revelation will change the way you think. This book is the owner's manual for how our brains work."--**Matthew and Laurie Crouch**, Trinity Broadcasting Network

"Caroline Leaf has given us a real jewel, translating modern brain science into language accessible to everyone."--**David I. Levy, MD**, neurosurgeon, author of *Gray Matter*

"[Caroline] explains how our choices work scientifically, but in a practical way that makes something that is really hard to do much easier and more tangible."--**Christine Caine**, founder of the A21 Campaign; director of Equip and Empower Ministries; author of *Undaunted*

"We encourage you to act on the wisdom found in *Switch On Your Brain* and begin the incredible journey of thinking God's way."--**Robert and Debbie Morris**, pastors of Gateway Church; authors of *The Blessed Life*, *The Blessed Marriage*, and *The Blessed Woman*

"Dr. Leaf's teaching is not only life changing but life saving as it makes the renewing of the mind so real. I am so very grateful for the wisdom contained within these pages."--**Darlene Zschech**, singer-songwriter;

author of *The Art of Mentoring*

"Each of us is full of untapped potential when it comes to our ability to think and process our way through life. I pray that Caroline's years of research and passion in this realm of unfolding science will be a blessing to you."--**Bobbie Houston**, senior pastor, Hillsong Church

About the Author

Dr. Caroline Leaf holds a PhD in communication pathology from the University of Pretoria, South Africa. Since 1981 she has researched the science of thought as it relates to thinking, learning, renewing the mind, gifting, and potential. Dr. Leaf is an international and national conference speaker on topics relating to optimal brain performance, such as stress, toxic thoughts, male/female brain differences, thinking and learning, controlling our thought lives, wisdom, and how to identify and use one's natural gifts. She is frequently interviewed on TV stations around the globe, has published many books and scientific journal articles, and has her own TV show starting in 2013. Leaf and her husband, Mac, live with their four children in Texas.

Users Review

From reader reviews:

Jim Weigel:

Spent a free time for you to be fun activity to do! A lot of people spent their leisure time with their family, or their own friends. Usually they accomplishing activity like watching television, about to beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Could possibly be reading a book might be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the reserve untitled *Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health* can be great book to read. May be it might be best activity to you.

Anthony Jarrard:

Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health can be one of your basic books that are good idea. We all recommend that straight away because this publication has good vocabulary that may increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to put every word into joy arrangement in writing *Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health* however doesn't forget the main place, giving the reader the hottest along with based confirm resource details that maybe you can be among it. This great information can easily draw you into new stage of crucial contemplating.

Alta Favors:

You are able to spend your free time to read this book this guide. This *Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health* is simple to deliver you can read it in the area, in the beach, train and soon. If you did not have got much space to bring typically the printed book, you can buy the actual e-book. It is make you simpler to read it. You can save the book in your smart phone. So there are a lot of benefits that you will get when you buy this book.

Arthur Freeman:

A lot of people said that they feel bored stiff when they reading a publication. They are directly felt it when they get a half elements of the book. You can choose typically the book Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health to make your own reading is interesting. Your current skill of reading talent is developing when you including reading. Try to choose easy book to make you enjoy to read it and mingle the opinion about book and looking at especially. It is to be first opinion for you to like to open a book and learn it. Beside that the guide Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health can to be your brand new friend when you're experience alone and confuse in doing what must you're doing of this time.

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