

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

*By Dr. Caroline Leaf*

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

By Dr. Caroline Leaf

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:**

**Kristen Zamora:**

Your reading 6th sense will not betray you, why because this Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health guide written by well-known writer whose to say well how to make book that could be understand by anyone who else read the book. Written with good manner for you, still dripping wet every ideas and composing skill only for eliminate your own hunger then you still uncertainty Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health as good book not only by the cover but also by content. This is one book that can break don't determine book by its handle, so do you still needing another sixth sense to pick that!? Oh come on your reading sixth sense already told you so why you have to listening to another sixth sense.

**Evelyn Roberts:**

Is it a person who having spare time subsequently spend it whole day simply by watching television programs or just resting on the bed? Do you need something totally new? This Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health can be the response, oh how comes? It's a book you know. You are thus out of date, spending your time by reading in this completely new era is common not a nerd activity. So what these publications have than the others?

**Robert Journey:**

As we know that book is significant thing to add our expertise for everything. By a publication we can know everything we really wish for. A book is a group of written, printed, illustrated or blank sheet. Every year seemed to be exactly added. This publication Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health was filled about science. Spend your extra time to add your knowledge about your science competence. Some people has distinct feel when they reading the book. If you know how big benefit of a book, you can experience enjoy to read a reserve. In the modern era like at this point, many ways to get book

that you simply wanted.

**Arthur Faust:**

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