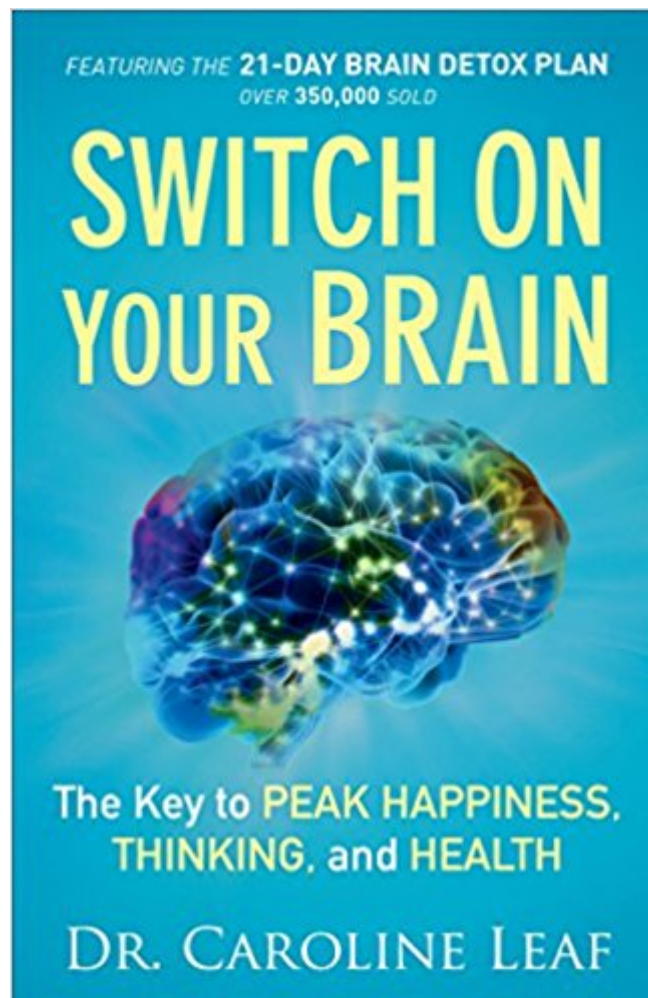




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# Switch On Your Brain: The Key To Peak Happiness, Thinking, And Health



## Synopsis

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.

## Book Information

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## Customer Reviews

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.

"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

When I heard about this book, I thought that it was probably a bunch of bunk. I have been mired in depression for much of my adult life, and I've looked for many avenues to free myself from that depression. Nothing I'd found worked for long, but Switch On

Your Brain seems to have done the trick. The book is an excellent primer on cognitive development and even quantum science as it relates to the brain. That is to say, there is no fluff in this book. It works off of proven scientific methods for changing your thought processes one step at a time. In the middle of the book, you'll be asked to start Dr. Caroline Leaf's 21-day brain detoxification regimen. I did, and I have never felt happier in my life. I've also used *21 Things You Should Give Up To Be Happy* in tandem with *Switch On Your Brain*. Written by Alvin Huang and Chris D'Arcy Cruz, *21 Things You Should Give Up To Be Happy* is a treatise on all the negative thoughts and behaviors that you just need to get rid of. Many of our negative self-thoughts come from wanting to please others, but it's important to realize that you have to give that stuff up. You have to give up wanting everyone to like you. In my case, I was always obsessed with gaining the approval of everyone. I thought if everyone liked me, then maybe I'd be happy. Of course, we know that there is no such thing as universal approval from everyone. If you're looking for a neuroscience-based program to really detoxify your brain, then you can't beat *Switch On Your Brain*. It's the best way to flush out all those negative thoughts and hindrances from your psyche. *21 Things You Should Give Up To Be Happy* is also a great book for learning how to excise negative self-thoughts from your life. I would say that both of these books have helped me dig my way out of my depression. It wasn't easy, but it has been well worth it. I'm glad I was able to change my brain and let go of all the hindrances to my progress.

Yes, you must be saved. These are the techniques to use the brain God gave you as he instructed. As a pharmacist I enjoyed the first half of the book which explains current scientific theory on why the system works. Like many others I appreciate the simplicity of the system and how easy it is to use. Anyone that thinks that just reading this book will solve their problems will be disappointed. It must be used, with determination and discipline.

I bought about 8 to give to friends after I read it. Very informative. It's a little annoyingly redundant in the beginning, but I think she's just trying to drive the point home. Keep reading. It does get better.

A brilliantly written book that a layman can understand and gain insight from. It provides step by step methods for changing the way you think from dark and depressing to light and positive. This book can change the way you do life which will result in truly benefiting you and the people you

love. So many people live trapped and even unproductive lives of misery, this book gives you permission to think new thoughts, as well as providing the path to freedom.

In her easy straight-forward style, Dr. Leaf illustrates how our brains operate when we think, how thoughts are engrained, and in biblical terms, she clarifies that we really do build strongholds that debilitate us and that need tearing down. Then she explains and demonstrates exactly how to do that, how to take our thoughts captive and how to renew our minds. This book is liberating and life-changing. Anyone who is practiced in managing their thoughts and in renouncing negative, self-destructive thoughts will find confirmation as well as further revelation to aid them in their journey toward an overcoming lifestyle. Anyone who struggles with negativity will find practical knowledge to lead them out of darkness onto the way of alignment with the love and peace of the mind and heart of Christ--a way wherein they can literally manage their thoughts and resolve discord. Speaking from knowledge and practical application of leading edge neuroscience, Dr. Leaf explains in layman's terms how neuro-pathways are established, their relationship with chemicals and genetic functions in our bodies and with quantum physics, and how we can change the pathways in our own minds. Here we not only see science confirming insights made from behavioral science, but also confirming ages old biblical truths. Moreover, what Dr. Leaf gives us in this book is the revelation and means to transform and uplift human consciousness beginning with our own selves.

Top book - I appreciate the clear language for non-scientists like myself, who are nevertheless keen to understand cutting-edge research on the brain. Thank God, I am MORE than my brain! I love how Dr Leaf makes that clear, while also drawing on the work of scientists who are not Christians. I think it's a great book because it clearly describes how to get out of the negative thinking modes so many of us Christians seem to passively accept. And, it has helped me appreciate in a new way the depth and richness of God's word - HIS THOUGHTS toward us. Dr Leaf shows clearly, if we wholeheartedly embrace God's thoughts, we cannot help but be changed :-)

Dr. Leaf has a way of putting very complex science into layman's language and making it so incredibly interesting! I have learned so much about not only my brain and how it works, but also how my emotions affect my brain and even its growth. The connection of the brain with all the body parts and functions and our responses to life situations is so amazing. It's particularly beautiful the way she loops it all together to show how all this is no accident but well planned by God. Definitely

recommend this book to everyone.

Reading this book made me aware of what thoughts were going through my head. I think we all have positive and negative tracks of thought running through her head, but most of us are not really aware of them. This book teaches you why and how to be aware of your thoughts, so you can change them. It is biblically based - a revelation. She is inspired by God, and she has loads of scientific evidence to back up her ideas. This book has the potential to change your life, if you let it!

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