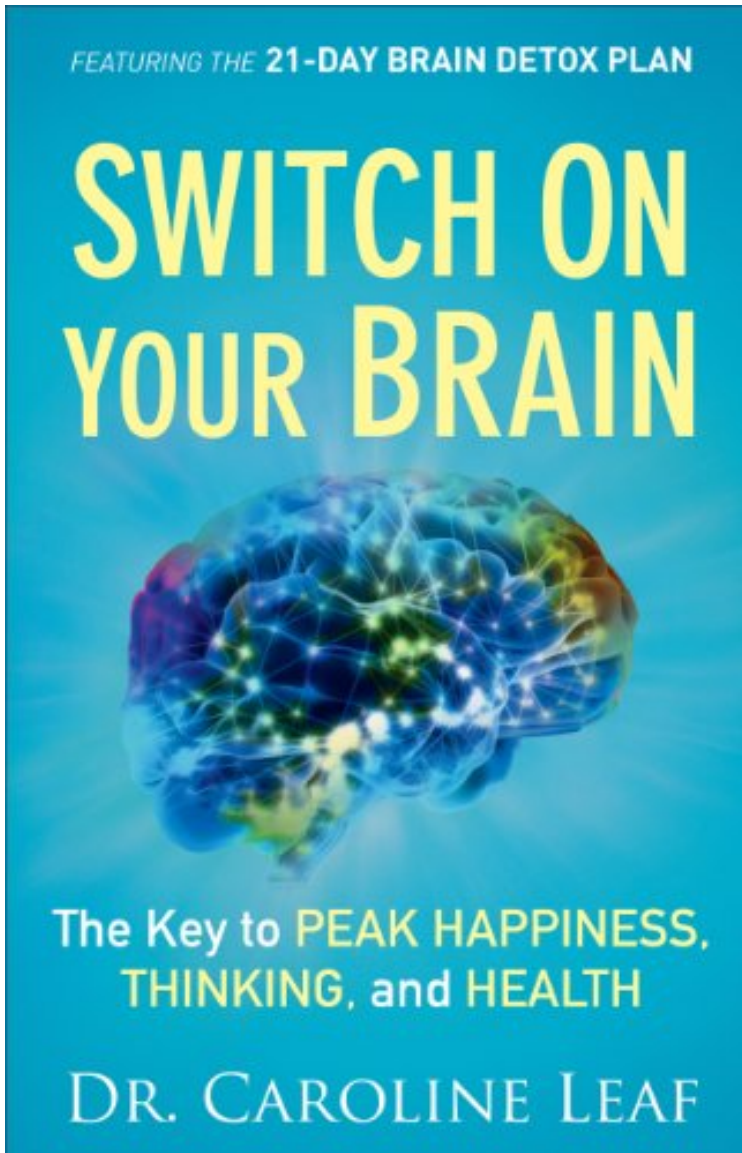


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# Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health



*Par Dr. Caroline Leaf*  
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## Description :

Prsentation de l'diteurAccording 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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Biographie de l'auteur 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.