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Switch on Your Brain: The Key to Peak Happiness, Thinking

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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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The point of Switch on Your Brain is to explain the foundation of Leaf's thought-changing and healing, and then present a 5-step "21-day brain detox plan." The explanation of this plan takes only the final third of the book, and it is surprisingly vague.

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

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Main Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health. Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health Leaf Dr Caroline. Year: 2013. Language: english. ISBN 10: 8-1993-3593-9. ISBN 13: 978-1-4412-4464-2. File: EPUB, 2.34 MB. Send-to-Kindle or Email .

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What you think with your mind changes your brain and body, and you are designed with the power to switch on your brain. Your mind is that switch. You have an extraordinary ability to determine, achieve, and maintain optimal levels of intelligence, mental health, peace, and happiness, as well as the prevention of disease in your body and mind. You can, through conscious effort, gain control of your thoughts and feelings, and in doing so, you can change the programming and chemistry of your brain.

Switch On Your Brain – Dr. Leaf

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The switch on your brain is the key to optimal health and well-being. It may seem like a simple process, but it's not easy to do. You have to replace negative thoughts with positive ones and repeat them over and over again until they become ingrained in your unconscious mind.

Switch On Your Brain Book Summary, by Dr. Caroline Leaf ...

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.

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Switch On Your Brain and this workbook. There are two sections: science/ philosophy and theology/philosophy. Many of these sources can be found in the bibliography and notes in Switch On Your Brain, but I have highlighted the most important books and articles and added a few new sources I have researched since writing Switch On Your Brain in 2013.

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