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Who Switched Off - River Valley Church

Who Switched Off My Brain?: Controlling Toxic Thoughts and Emotions, 2009, 175 pages, Caroline Leaf, 0981956726, 9780981956725, Harper Collins Christian

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swept away, and your brain can be "switched on." c. Thoughts, toxic and non-toxic, are measurable and occupy mental "real estate." Thoughts are active...they grow and change. They influence every decision, word, action and physical reaction. d. There are 12 areas of toxic thoughts which can be poison to our minds and our bodies.

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I use all Dr. Leafâ€™s books in my practice and recommend them to my patients because they work. Dr. Jason Littleton, MD Chairman of Family Medicine at Orlando Regional Medical Center Dr. Leaf has done a

masterful job of describing how different mindsets, through quantum effects, change our brains.

Dr. Caroline Leaf

Who Switched Off My Brain, is the book for you. I am realizing more and more how much I have internalized my stress throughout my life, and I have paid for it with tight muscles, tension headaches, and skin problems.

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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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