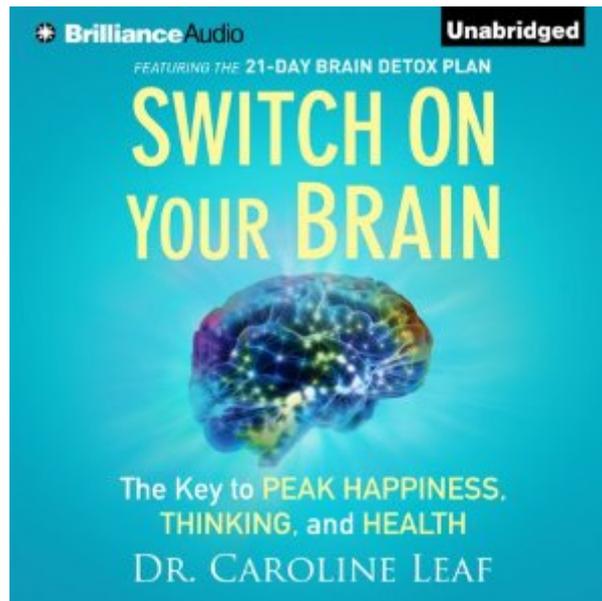


The book was found

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



Synopsis

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? Listen on...

Book Information

Audible Audio Edition

Listening Length: 5 hours and 1 minute

Program Type: Audiobook

Version: Unabridged

Publisher: Brilliance Audio

Audible.com Release Date: September 17, 2013

Whispersync for Voice: Ready

Language: English

ASIN: B00F937YH0

Best Sellers Rank: #11 in Books > Audible Audiobooks > Health, Mind & Body > Health #36

in Books > Audible Audiobooks > Religion & Spirituality > Christianity #69 in Books > Audible Audiobooks > Health, Mind & Body > Psychology

Customer Reviews

In "Switch On Your Brain" * Dr. Leaf promises that in 21 days we can detoxify our minds. In the book, she makes a few great points that even while reading, helps begin the healing process before the 21-Day Detox plan. If you can get through the first 130+ pages describing the mind, brain, and quantum theories as it pertains to Scripture, then you will be fine. The 21 Day plan starts in the middle of the book. Just a fair warning. The first point I learned is that the brain is different from the mind. I knew this from previous philosophy classes, but Dr. Leaf assures us that there is a critical difference. Before, many doctors and scientists taught that the brain is physical and

pre-programmed and therefore a person is stuck in the depression or illness and need meds all the time. Not true. With detoxing, you can get your healthy brain cells back and what is really cool is each chapter has Scripture for thought pertaining to the mind and encourages you on your "detoxing" journey. Second, our brain is neuroplastic-"meaning it can change and grow"(14). If our brains can change and grow, then we have to be mindful of our thoughts. What are we allowing in? We can not control outside circumstances, but we can control our reaction to it. Toxic thoughts like: doubt, unbelief, fear, anger- changes our brain and it causes us to become something that will require an act of God for healing. That is where detoxing comes in. Another powerful point, Dr. Leaf makes is your parents or your past does not make you who you are. This is predisposition, not destiny. Do not make genetics your god. You can live a long healthy life full of joy. And her book is here to help.

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 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'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 a 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.

I am impressed with this book. I have never read anything that so effectively explains the correlation between brain science and Scripture. It has brought new understanding of passages like Romans 12:2 on renewing the mind, and Proverbs 23:7 on our thinking making us who we are. And I am amazed at the amount of scientific evidence Dr. Leaf provides supporting those biblical

principles. As an individual, you are capable of making mental and emotional changes in your life. Through your thinking, you can actively re-create thoughts and, therefore, knowledge in your mind. (141) This requires deep, focused, intellectual attention. Current neuroscientific and quantum physics research confirms that our thoughts change our brains daily. (130) The term "self directed neuroplasticity" generally describes the principle that deep thinking changes brain structure and function. (130) The change can be positive or negative. It takes about 21 days to create long term integrated memory, hence her 21-Day Brain Detox Plan. Like riding a bicycle, the new patterns become automatized and become part of our internal perception. She outlines her 5-Step Switch on Your Brain Learning Process that has at its heart focused, organized, and deep intellectual thinking. The aim is to change the brain in a positive direction. She developed this plan from her own research and clinical experience. That process forms the detox plan. Doing the five steps takes a minimum of seven to ten minutes daily. You work on one thought network in each cycle of 21 days. To keep the new mindset active, you practice it as much as possible until it becomes an automatic part of you. Her process is a deliberate, disciplined, and rigorous renewing of the mind.

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