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Switch On Your Brain pairs science with Scripture, asking penetrating personal questions in order to understand the impact of our thought lives on our brains, bodies, and lifestyles. The curriculum kit includes the Switch On Your Brain book, DVD, and workbook so that participants can get the most out of Dr. Leaf's exhaustive research.

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

The point of Switch on Your Brain is to explain the foundation of Leaf's thought-changing and healing, and then present

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Switch On Your Brain - Dr. Leaf

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SWITCH ON YOUR BRAIN - Christianbook

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What disappointed you about Switch on Your Brain? I like Leaf's work, but the narrator reads a list of bible verses frequently which makes it impossible to concentrate on the content. When you are reading a physical book, you can just skip over the lists, but when I have the audio running in the background, I don't want to keep running back to ...

Switch on Your Brain by Dr. Caroline Leaf | Audiobook ...

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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