

FEATURING THE 21-DAY BRAIN DETOX PLAN  
OVER 150,000 SOLD

# SWITCH ON YOUR BRAIN



The Key to **PEAK HAPPINESS,**  
**THINKING,** and **HEALTH**

DR. CAROLINE LEAF

*Dr. Caroline Leaf*

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



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According to researchers, the huge majority--a whopping 75-98 percent--of the illnesses that plague all of us today are a direct consequence of our thought existence. She displays us how to pick life, get our minds under control, and reap the benefits of a detoxed thought lifestyle. in our brains that enables us to live happier, healthier, more enjoyable lives where we attain our goals, keep our fat, and even become more intelligent. She shares with readers the "Supported simply by current scientific and medical study, Dr. Caroline Leaf provides visitors a prescription for better health insurance and wholeness through appropriate thinking patterns, declaring that people are not victims of our biology. Today our culture is going through an epidemic of toxic thoughts that, left unchecked, create ideal circumstances for illnesses.change" In fact, fear alone triggers a lot more than 1,400 known physical and chemical substance responses in our bodies, activating a lot more than thirty different hormones! What we think about truly affects us both physically and emotionally.



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