

# SWITCH ON YOUR BRAIN



The Key to PEAK HAPPINESS,  
THINKING, and HEALTH

DR. CAROLINE LEAF

Dr. Caroline Leaf

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



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We all wish to be more at peace, to be happier and healthier, but we often have no idea how to go about it. Everything we try seems to fall short of true transformation. Dr. Now she's produced this life-changing content available in a curriculum kit. The curriculum package includes the ACTIVATE Your Brain book, Dvd and blu-ray, and workbook so that participants can get the most out of Dr. Caroline Leaf knows that we cannot transformation anything until we modification our thinking. Leaf's exhaustive research. Her bestselling book, Switch On Your Brain, has already helped thousands of visitors detox their thinking and encounter improved happiness and wellness. Switch On THE HUMAN BRAIN pairs science with Scripture, requesting penetrating personal questions in order to understand the effect of our thought lives on our brains, bodies, and lifestyles.



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