

• WORKBOOK •

DR. CAROLINE LEAF

Bestselling author of *SWITCH ON YOUR BRAIN*

A portrait of Dr. Caroline Leaf, a woman with long, wavy brown hair, smiling warmly. She is wearing a dark, collared shirt. The background is a dark, textured green.

THINK  
LEARN  
SUCCEED

Understanding and Using Your Mind to  
Thrive at School, the Workplace, and Life

Dr. Caroline Leaf

Think, Learn, Succeed Workbook: Understanding and Using Your Mind to Thrive at School, the Workplace, and Life



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Our thought lives have incredible power over our mental, emotional, and even physical well-being. Leaf shows us how to harness those assets to unlock our hidden potential. When we choose a mindset that extends our skills rather than placing limits on ourselves, we will knowledge greater intellectual satisfaction, emotional control, and physical health. In this practical reserve, readers will learn to use- The 5-step Activate Your Brain Learning Plan, to build storage and learn successfully- The Gift Profile, to discover the initial way they process information- The Mindfulness Instruction, to optimize their believed life and find their inner resilienceDr. . . Dr. Caroline Leaf empowers readers to take control of their thoughts to be able to manage their lives.Backed by up-to-date scientific research and biblical insight, Dr. The only question is . Leaf shows readers how to combine these effective tools to be able to improve storage, learning, cognitive and intellectual efficiency, work performance, physical performance, relationships, emotional health, and most significantly a meaningful lifestyle well lived.Each of us has significant psychological resources at our fingertips that we can use in order to improve our overall well-being. how? In fact, our thoughts can either limit us to what we believe we are able to do or discharge us to experience capabilities well beyond our expectations.



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The renewal all starts in the mind. This renewal program is changing my entire life for the better.



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