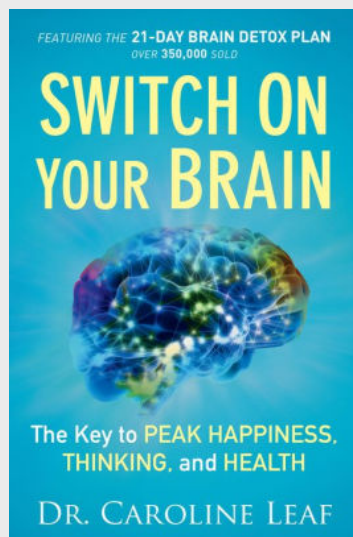


Switch on Your Brain

360° Perspective on *The Key to Peak Happiness, Thinking and Health*



Why read this book?

Read this book if you are looking for an owner's manual for the brain. Dr. Leaf describes how thoughts build structures in our brains and details how we can rewire those structures.

The first half of the book details the mind and how our choices change the structure of the brain.

She addresses Thinking, God and the Quantum Physics Brain and The Science of Thought before heading into the second half of the book: a 21 Day Brain Detox Plan.



Dr. Caroline Leaf

...appears on YouTube any time you search for the words *Dr. Leaf brain*. She has appeared on multiple television shows, TED talks, in churches and on podcasts. You can find her 21 Day Brain Detox in a podcast series.

A Glimpse

"It's your attitude and not your DNA that determines much of the quality of your life." The prologue details the root of epigenetic in Deuteronomy 30:19: "I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live."

Leaf details in this book how the brain responds to your mind by sending neurological signals throughout the body, which means our thoughts and emotions transfer into



Key Facts

75-98% of mental and physical illness comes from thought life according to the AMA (37)

The association between stress and disease is 85 %

80% of cancers are due to lifestyle, not genetics and 98% of diseases are related to lifestyle

75-90% of visits to primary care docs is for stress-related issues.

One brain generates more energy in one day than all the cell phones on the planet.

40-60% of heart disease patients suffer clinical depression and 30-50% of patients suffering from clinical depression are at risk for heart disease.

Every single cell in your body is affected by your thoughts.

Your heart is in constant communication with your brain and the rest of your body, checking the accuracy and integrity of your thought life.

Just the mind activity from your reading this generates electromagnetic, electrochemical and quantum action in your neurons.

physiological and spiritual effects, which in turn transfer into mental and emotional states. Because of our brain's neuroplasticity, we can rewire toxic thoughts to create health.

When we choose to engage in toxic thinking, we change the DNA - the genetic expression - in a negative way. The brain translates these toxic thoughts into negative stress (36).

Uniquely You

Dr. Leaf writes, "As you think, it is important to make a distinction between who you truly are – the real multifaceted, unique you – and the person you have become through toxic choices. She details the signals that unzip DNA (48-49) and how toxic input from thoughts, food and other external factors create toxic areas in our brain as shown top left.

There is an electromagnetic and chemical component to every biological process. The emotional, biochemical, mental, energy and spiritual signals in the body come from the thought networks in your brain or from the environment outside the body – food, toxins, social network and nurturing (49).

Research has shown that five to sixteen minutes a day of focused, meditation to capture our thoughts shifts frontal brain states to a happier outlook. "When rumination turns into unproductive brooding and negative issues are blown out of proportion, it is detrimental to the brain and to good life choices (87)."

She explores in detail that "your brain becomes what you focus on (108)" and emphasizes that "90 to 99 % of the action in your mind is...at the non conscious metacognitive level (125)."

You Can Rewire Toxic Thinking

The solution is to train your mind to think on what you know to be true, because "if you don't get rid of the thought, you reinforce it (175). Furthermore, "if you say *you can't* or *you won't*, this decision will actually cause protein synthesis and change in your brain to *I can't* or *won't*." The last few chapters of the book explain exactly how to rewire toxic thinking and change your brain to something beautiful and immeasurably more happy.