

DR. CAROLINE LEAF

Bestselling author of SWITCH ON YOUR BRAIN

A portrait of Dr. Caroline Leaf, a woman with long, wavy brown hair, smiling. She is wearing a dark blue or black button-down shirt. The background is a dark, out-of-focus green foliage.

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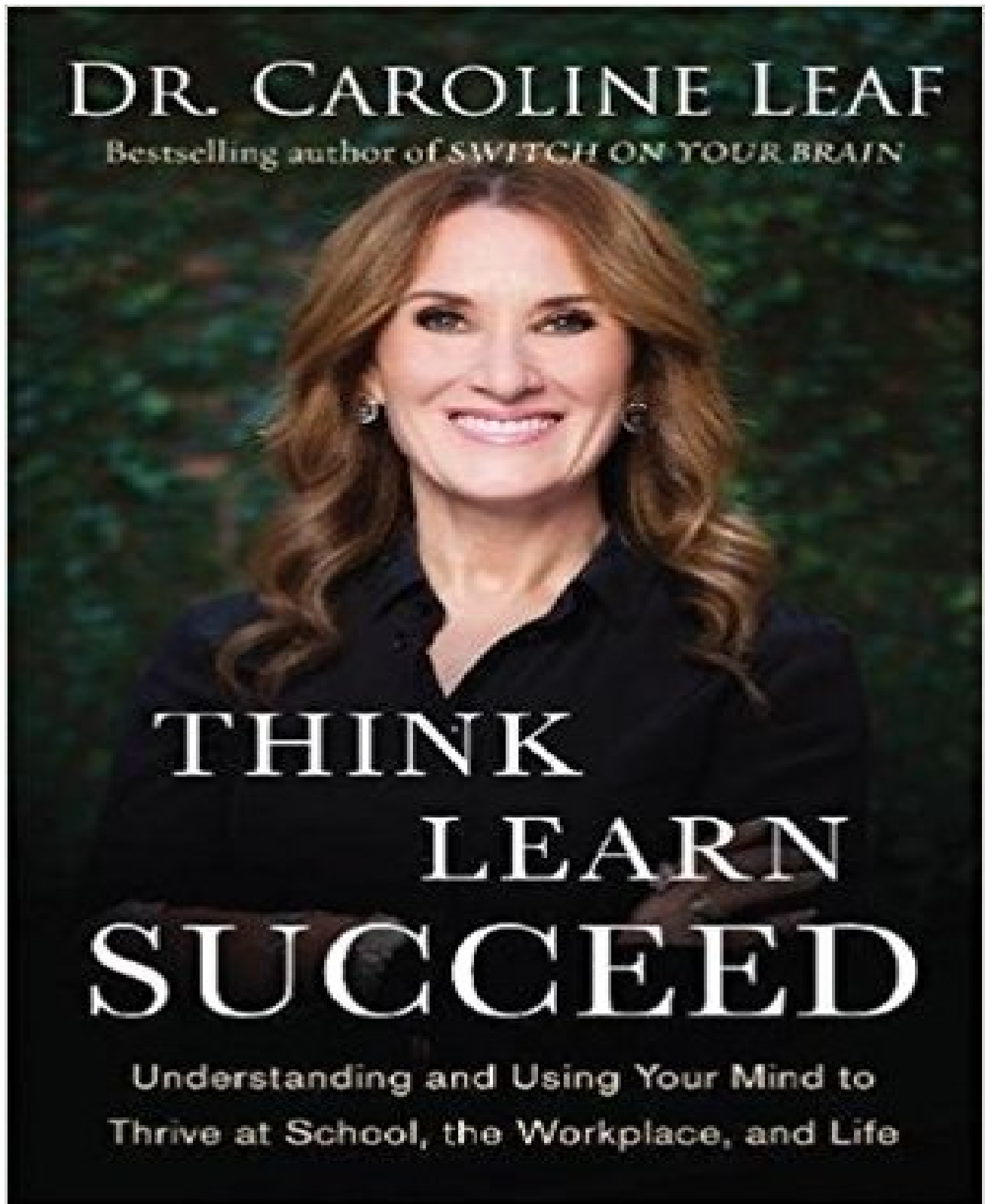
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Synopsis book

Our thought lives have incredible power over our mental, emotional, and even physical well-being. In fact, our thoughts can either limit us to what we believe we can do or release us to experience abilities well beyond our expectations. When we choose a mindset that extends our abilities rather than placing limits on ourselves, we will experience greater intellectual satisfaction, emotional control, and physical health. The only question is . . . how? Backed by up-to-date scientific research and biblical insight, Dr. Caroline Leaf empowers readers to take control of their thoughts in order to take control of their lives. In this practical book, readers will learn to use- The 5-step Switch on Your Brain Learning Program, to build memory and learn effectively- The Gift Profile, to discover the unique way they process information- The Mindfulness Guide, to optimize their thought life and find their inner resilience Dr. Leaf shows readers how to combine these powerful tools in order to

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DR. CAROLINE LEAF

Bestselling author of *SWITCH ON YOUR BRAIN*

A portrait of Dr. Caroline Leaf, a woman with long, wavy brown hair, smiling. She is wearing a dark blue or black button-down shirt. The background is a dark, out-of-focus green foliage.

THINK
LEARN
SUCCEED

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

Our thought lives have incredible power over our mental, emotional, and even physical well-being. In fact, our thoughts can either limit us to what we believe we can do or release us to experience abilities well beyond our expectations. When we choose a mindset that extends our abilities rather than placing limits on ourselves, we will experience greater intellectual satisfaction, emotional control, and physical health. The only question is . . . how? Backed by up-to-date scientific research and biblical insight, Dr. Caroline Leaf empowers readers to take control of their thoughts in order to take control of their lives. In this practical book, readers will learn to use- The 5-step Switch on Your Brain Learning Program, to build memory and learn effectively- The Gift Profile, to discover the unique way they process information- The Mindfulness Guide, to optimize their thought life and find their inner resilience Dr. Leaf shows readers how to combine these powerful tools in order to

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Description

Our thought lives have incredible power over our mental, emotional, and even physical well-being. In fact, our thoughts can either limit us to what we believe we can do or release us to experience abilities well beyond our expectations. When we choose a mindset that extends our abilities rather than placing limits on ourselves, we will experience greater intellectual satisfaction, emotional control, and physical health. The only question is . . . how? Backed by up-to-date scientific research and biblical insight, Dr. Caroline Leaf empowers readers to take control of their thoughts in order to take control of their lives. In this practical book, readers will learn to use- The 5-step Switch on Your Brain Learning Program, to build memory and learn effectively- The Gift Profile, to discover the unique way they process information- The Mindfulness Guide, to optimize their thought life and find their inner resilience Dr. Leaf shows readers how to combine these powerful tools in order to

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