



Who Switched Off My Brain? Controlling Toxic Thoughts and Emotions: Workbook & Journal

Dr. Caroline Leaf

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(WORKBOOK/JOURNAL) Do you ever feel like your brain has just been "switched off"? Have you ever felt discouraged, unfocused or overwhelmed? Are there unhealthy patterns in your life or your family that you just can't seem to break? A thought may seem harmless, but if it becomes toxic, it can become physically, emotionally or spiritually dangerous. Thankfully, we are living in a time of revolution. We can see clearly how brain science lines up with Scripture - your mind can be renewed, toxic thoughts and emotions can be swept away and your brain really can be "switched on." In this workbook & journal: Learn how toxic thoughts are like poison and how to identify "The Dirty Dozen," twelve areas of toxic thinking in our lives. Sweep away "The Dirty Dozen" by breaking the cycle of toxic thinking. Uncover how your thoughts can actually start to improve every area of your life - your relationships, your health and even your success. **This study guide works chapter by chapter along side the book, "Who Switched off my Brain? Controlling Toxic Thoughts and Emotions" REVISED EDITION (Hard Cover).

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