



Think and Eat Yourself Smart: A Neuroscientific Approach to a Sharper Mind and Healthier Life

By Dr. Caroline Leaf

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Think and Eat Yourself Smart: A Neuroscientific Approach to a Sharper Mind and Healthier Life By Dr. Caroline Leaf

Science is beginning to understand that our thinking has a deep and complicated relationship with our eating. Our thoughts before, during, and after eating profoundly impact our food choices, our digestive health, our brain health, and more. Yet most of us give very little thought to our food beyond taste and basic nutritional content.

In this revolutionary book, Dr. Caroline Leaf packs an incredible amount of information that will change readers' eating and thinking habits for the better. Rather than getting caught up in whether we should go raw or vegan, gluten-free or paleo, Leaf shows readers that every individual is unique, has unique nutritional needs, and has the power to impact their own health through the right thinking. There's no one perfect solution. Rather, she shows us how to change the way we think about food and put ourselves on the path towards health.

Anyone who is tired of traditional diet plans that don't work, who struggles with emotional eating, or who simply isn't satisfied with their level of health will find in this book the key to discovering how they can begin developing a healthier body, brain, and spirit.

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Editorial Review

From the Inside Flap

You have the power to impact your health and wellness!

Scientists are beginning to understand that our thinking has a deep and complicated relationship with our eating. Our thoughts before, during, and after eating profoundly impact our food choices, our digestive health, our brain health, and more. Yet most of us give very little thought to our food beyond taste and basic nutritional content.

In this revolutionary book, Dr. Caroline Leaf packs an incredible amount of information that will change your eating and thinking habits for the better. Rather than getting caught up in fads such as raw foods, vegan, gluten-free, or paleo, Leaf reveals that every individual has unique nutritional needs and there's no one perfect solution. Rather, she shows how to change the way you think about food and put yourself on the path toward health.

If you're tired of traditional diet plans that don't work, if you struggle with emotional eating, or if you're simply not satisfied with your level of health, you'll find that this book is the key to discovering how you can begin developing a healthier body, brain, and spirit--for life!**Dr. Caroline Leaf** is a qualified communication pathologist and audiologist with a bachelor of science degree in logopaedics and both a master's and PhD in communication pathology, specializing in cognitive neuroscience and neuropsychology. She did pioneering research on neuroplasticity in traumatic brain injury (TBI) and learning disabilities and education in the early nineties, and developed a theory on the science of thought and the neuroplasticity of learning. Dr. Leaf has continued her research and is currently busy with various projects showing the mind-body connection in mental and physical health. She ran a clinical practice for twenty-five years, serving patients in health care, education, and the corporate world.

Dr. Leaf is now an international and national conference speaker and author on topics relating to thinking, the mind and how it changes the brain, neuroplasticity, mental health, optimal brain performance, toxic stress, toxic thoughts, male/female brain differences, intellectual development and learning, controlling our thought lives, wisdom, and how to identify and use one's natural gifts. She and her husband, Mac, live with their four children in the United States.

From the Back Cover

"Many people are killing themselves because of what they eat--or don't eat. The pointers Dr. Leaf provides in these pages will surely make us think twice before we take the next bite and equip us to be better stewards of the bodies God has given us."--**James Robison**, founder and president of LIFE Outreach International; founder and publisher of *The Stream*

"Dr. Caroline Leaf shows us how we can use our minds to choose to establish not only a healthier, integrated lifestyle but also to improve the lives of those suffering injustice within the global food industry."--**Christine Caine**, author of *Unstoppable*

"With an informative combination of scientific research and scriptural principles, Dr. Leaf shows that healthy eating may not be quick or cheap, but it is something we all can do."--**David I. Levy, MD**, clinical professor of neurosurgery, University of California, San Diego; author of *Gray Matter: A Neurosurgeon*

Discovers the Power of Prayer . . . One Patient at a Time

"We live in a world consumed with so many things--including food and the pursuit of health, beauty, opportunity, and influence. I am confident this book will be life-changing for many and will fuel foundational truths that make for a blessed, effective, and fruitful life."--**Bobbie Houston**, Hillsong Church

"Dr. Caroline Leaf reveals how to have a healthier lifestyle and a sharper mind. Her scientific knowledge, combined with her revelatory wisdom, will completely change your life."--**Robert Morris**, founding senior pastor, Gateway Church; bestselling author of *The Blessed Life*

About the Author

Dr. Caroline Leaf is the author of *Switch On Your Brain* and holds a PhD in communication pathology from the University of Pretoria, South Africa. Since 1981, she has researched the science of thought as it relates to thinking, learning, renewing the mind, gifting, and potential. Dr. Leaf is an international and national conference speaker on topics relating to optimal brain performance, such as stress, toxic thoughts, male/female brain differences, thinking and learning, controlling our thought lives, wisdom, and how to identify and use one's natural gifts. She is frequently interviewed on TV stations around the globe, has published many books and scientific journal articles, and has her own TV show, *Switch On Your Brain*. Leaf and her husband, Mac, live with their four children in Texas.

Users Review

From reader reviews:

Matilda Greiner:

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Jewel Tarr:

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Anna Bailey:

As people who live in the modest era should be update about what going on or info even knowledge to make all of them keep up with the era that is certainly always change and move forward. Some of you maybe will probably update themselves by reading books. It is a good choice to suit your needs but the problems coming to anyone is you don't know what type you should start with. This Think and Eat Yourself Smart: A Neuroscientific Approach to a Sharper Mind and Healthier Life is our recommendation to cause you to keep up with the world. Why, because book serves what you want and need in this era.

Donna Solano:

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