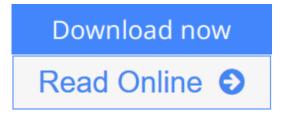


Who Switched Off My Brain? Controlling Toxic Thoughs and Emotions (Workbook & Journal) (Who Switched Off My Brain)

By Dr. Caroline Leaf



Who Switched Off My Brain? Controlling Toxic Thoughs and Emotions (Workbook & Journal) (Who Switched Off My Brain) By Dr. Caroline Leaf Each chapter of the Who Switched Off My Brain? Workbook and Journal corresponds with a chapter in the book and the DVD teaching to provide the following: *A step-by-step guide to identifying and dealing with toxic thoughts including "The Dirty Dozen" (twelve areas of toxic thinking). *Suggestions on breaking the cycle of toxic thinking and combating "The Dirty Dozen". *Strategies you can use every day to improve every area of your life-relationships, health, even your success. *Journal pages for you to further express your feelings, thoughts and goals as you break the cycle and move toward healthy thinking, personal growth and achievement with purpose and significance!

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Users Review

From reader reviews:

John Casale:

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Rodney Bell:

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Lee Fuller:

Who Switched Off My Brain? Controlling Toxic Thoughs and Emotions (Workbook & Journal) (Who Switched Off My Brain) can be one of your basic books that are good idea. We all recommend that straight away because this reserve has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to set every word into pleasure arrangement in writing Who Switched Off My Brain? Controlling Toxic Thoughs and Emotions (Workbook & Journal) (Who Switched Off My Brain) although doesn't forget the main stage, giving the reader the hottest and based confirm resource info that maybe you can be considered one of it. This great information can easily drawn you into new stage of crucial contemplating.

Shawn Mathison:

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