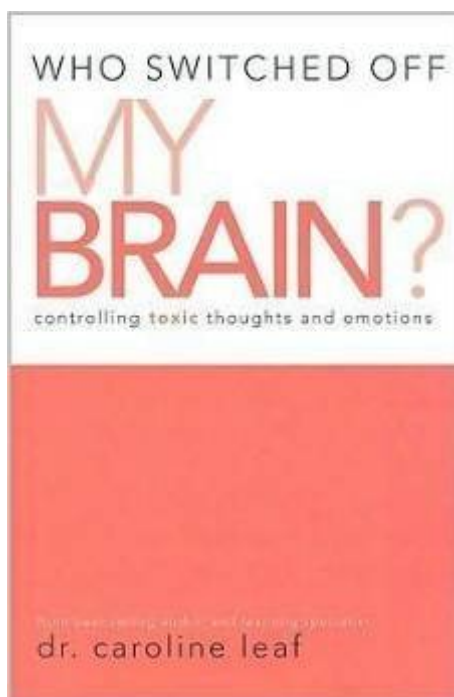


Who Switched Off My Brain? Controlling Toxic Thoughts and Emotions PDF



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Who Switched Off My Brain? Controlling Toxic Thoughts and Emotions by Dr. Caroline Leaf ISBN 0983346283

We're living in an epidemic of toxic emotions. Research shows that as much as 87% to 95% of mental and physical illnesses are a direct result of toxic thinking-proof that our thoughts affect us physically and emotionally. In this best-selling book, Dr. Caroline Leaf clearly communicates 13 ways to detox your thought life and live a life of physical, mental, and emotional wholeness.

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