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You are not a victim of your biology! The vast majority of the illnesses that plague us today are a direct result of our thought life. What we think about truly affects us both physically and emotionally. Today our culture is undergoing an epidemic of toxic thoughts that, left unchecked, create ideal conditions for illnesses. Supported by current scientific and medical research, Dr. Caroline Leaf gives you a prescription for better health and wholeness through correct thinking patterns. She exposes the "switch" in your brain that will enable you to live a happier, healthier, more enjoyable life where you achieve your goals, get your thought life under control, and even become more intelligent. And her 21-Day Brain Detox Plan guides you step-by-step through the process of replacing toxic thoughts with healthy ones. Ready to reap the benefits of a detoxed thought life? Listen on...

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