


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


By Dr. Caroline Leaf



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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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