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### **Who Switched Off My Brain?: Controlling Toxic Thoughts and**

d. Every memory you make (based on your thoughts) has an emotion associated with it. Example: Focus on an upsetting time in your life. Notice: what emotions pop up.

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Who Switched Off My Brain?: Controlling Toxic Thoughts and Emotions, 2009, 175 pages, Caroline Leaf, 0981956726, 9780981956725, Harper Collins Christian

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Caroline Leaf, PhD shows you how in her book, Who Switched Off My Brain?. Researchers say that 87% of the illnesses plaguing us today directly result from our thought life! What we think about affects us physically and emotionally.

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