



WHO SWITCHED OFF MY BRAIN SUMMARY

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Who switched off my brain was a wonderful introduction into how our thoughts evolve. Who switched off my brain gives us an understanding of what we have available to us to become healthy leaders. The speaker introduces us to the basic tenets that are required for healthy thinking. This presentation captured my attention from her opening sentence until the end of the presentation. There was quite a bit of information presented that was very helpful, but sometimes overwhelming. There were some extraordinary facts about thought processing and collecting information. The amazing thing about the whole process is we are in control of the outcome.

We will look at the roots that determine the avenues we take for decision making. There are two emotions involved in the processing making decision and they are love and fear. This presentation has helped me begin a new process in developing an answer or a thought. Let us look at love first, then fear.

We know now there is one way to achieve healthy leadership or even just being a healthy follower and that is through love. We have to believe that God can achieve positive outcomes in our lives if we let Him. When we let Love has its way through faith and dependence on the Holy Spirit we can achieve positive results. Love enables us to be the victors in this process of life and not think of ourselves as victims.

Fear is the other emotion that guides or thoughts. When we let fear direct us we have negative outcomes. When fear is our primary outlet for reasoning or

decision making, there is no positive results that can come out of this process. God has not given us the spirit of fear, so let's not operate in it.

The brain is such a powerful part of our anatomy and yet it does not get the credit it deserves. The brain with the help of some positive thinking tools will make us successful and healthy leaders.