

**TOXIC THOUGHTS**

**COURSE: LS 112 INTERPERSONAL CROSS CULTURAL**

**COMMUNICATION**

**NAME: ANDREW MURIITHI MWANIKI**

## **TOXIC THINKING**

One of the greatest treasure that God has given to mankind is brain. In his creation God has made us in such a way that male brain is different from female one. This is designed accommodate purpose of partnership between male and female. Today as we speak our brains are invaded by toxic. Toxic are the negative thought that human beings have entertained we without considering the outcome. A good size of the world population at one time has had to deal with toxic thinking which are fearful destructive, negative and poisonous. Toxic thinking result in illness unproductive, anxiety. 87-95% of all current illness are as a result of toxic thought, our bodies are stressed by toxic thought which are source of sickness and diseases. Sometimes we comfort ourselves by claiming that diseases and sickness are as result of genes in hereditary but the truth toxic thoughts have cause this untold sufferings. But the good news is that God say we can renew our minds. When we think we choose and make choices. Each word, action that we do are result of our thoughts, attitudes is the state of our mind which influences the word we speak and action we take, therefore should take off toxic thoughts in our brains to live a fulfilling life.