

Who Switched Off My Brain

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Joseph R Kimarua

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Prof. Wes Wilson

Introduction

Can the mind change the brain? The realization of having amazing brain filled with real physical thoughts that one can control is critical. In her influential book, Leaf, C. (2009) *Who Switched off My Brain? Controlling toxic thoughts and emotions*. Southlake TX;DrLeaf.com,ISBN 7780-0-9819567-2-5.A communication pathologist and cognitive neuroscientist with a masters and Phd in communication pathology and a BSC longopaedics. Specializing in cognitive neuropsychology. Dr Leaf, display how the brain is switched off. The clear guidance of the scriptures and science demonstrates access to strategies that overcome negative thought patterns. Leaders, Philosophers and scientist should read Reaf,C. book to broaden knowledge on brain science and admit thoughts and actions that can be manifested in practical application – switching on the brain

Summary

In who switched off my brain? Caroline Leaf provides readers with detailed description on how to break unhealthy patterns in life . Her narration describes settings with a much detailed topical approach of the subject. She lines up scriptures and science of thought to present book theme symbolizing significant aspect of the study. Leaf shows how thoughts affect emotion, where the body-toxic thoughts symbolizes ,destructive poisonous fearful thinking, stress and dirty dozen symbolizes ,mental and physical illnesses and\_ the five senses symbolizes the door way to intellect influencing free will and emotions.

Analysis and Evaluation

Prominence of this book brings the analytical issues of the soul to perspective. The intertwined working of the brain\_ the central nervous system. Mind\_ the ability to be aware of things and the heart which is in constant communication with brain and the rest of the body ,checking the accuracy and integrity of one's thought life. In cognition science of thought have proved that emotions are good bleeding ground of our belief systems where our mind operate by the knowledge feed into it. The toxic thinking is a limiting factor influencing a leader negatively whose concepts, beliefs, feelings and relationships are jeopardized resulting to demeaning of the leaders look at life, others, ourselves and God.

The negative emotional state of mind shifts the body focus to protection and reduces the ability to process and think with wisdom. When the mind is controlled by sinful nature the end result is death Rom 8:6 .Our behaviors' follows our thoughts. Negative emotions leads to deceit as like living in a prison house where one is tortured by all manners of inner emotional conflicts.

An intellectual finding by Leaf from the scriptures confirms God desire for humans to shun ignorance and embrace his divinely plan. Science supports her narration decisively. Humans are designed for love, power and self discipline but when the spirit of fear and timidity springs into action the end result is endangered good living 2 timothy 1:7. Stress and dirty dozen is the severe strain on body systems including the brain .Stress is the direct result of toxic thinking .the dirty dozen is as well intertwined for it thrives on stress. Extreme stress allows chemicals to flood in the body and creates physical effects generated by intense feeling.

Overstay of chemical stress, imbalances the system from toxic thinking, eventually tunneling deep inside the recess of the mind. literally defining who we are. Internalized wounded emotions allows seething mix of anger, resentment and hostility to develop, producing real physical reactions in the body, causing serious mental and physical illnesses.

The habit of absorbing stress is the creation of toxic pathway .the more stressful one becomes the closer one is to chronic stress which exhaust the body system from the constant state of heightened alert. Repression, unforgiveness, anger, rage and hatred affects the immune system and digestive system .The signals the heart sends to the brain influences ,perceptions and emotional processing. Immune system is an army that protects you from illnesses and diseases in your body and mind. Toxic thoughts stir immune system to generate blood and proteins called cytotoxic which are known to produce fatigue and depression. The amount of stress chemicals ,your toxic thoughts release run riot in your digestive system creating poisonous cocktail that damages your health.

The five senses is the contact between the external world and your internal world, activating your mind. The electrical information from the five senses pours into the brain becoming the door way to intellect influencing ones free will and ones emotions. Words and actions should line up thoughts with belief and feeling. Neuroscientifically (going through, the gather, reflect, journal and revisit).Every time we build memories we activate emotions.

Conclusion

Ultimately, who switched off my brain is a wonderful and more informative subject Matter. Vividly the book commentates on detriments of toxic thoughts, and displays how to gain strategies to overcome negative thought patterns .Can the mind change the brain is an answered question. Transform by the renewal of mind from fearful thinking to faithful thinking, directing your mind to think deep and discuss information to become more intellectual. Embrace as well processes of building memories directing your mind and discipline by working daily to change the way brain function. Leaf book illuminate to the reader to examine their perception, emotions and their beliefs in line of scripture and scientific studies.