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LS101 Developing the Healthy Leader

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If I were to summarize “Who Switched off my Brain?”, in one sentence, it would be that: toxic thoughts, and the emotions that they are associated with, will physically alter the human body in a harmful way and by becoming aware of this process we can implement strategies to reduce negative thinking and rid the chemicals that harm us.

When we consider that, “87% of the illnesses that plague us today are a direct result of our thought life what we think about affects us physically and emotionally. It’s a prevalence of toxic emotions.” with information on how to reduce, or even eliminate, those toxic thoughts and emotions seems like the deal of a lifetime and for many of us it might just be.

At a more in-depth level, Dr. Caroline Leaf starts the book with an explanation of the physical process that takes place in our brain as we have thoughts and generate emotions. For example, Dr. Leaf explains that, “What you think and feel prompts your hypothalamus to begin a series of chemical secretions that change the way you function. The hypothalamus also directly influences the pituitary, another major gland within the brain. In this way, the hypothalamus gland is definitely and actually the facilitator and originator of emotions and responds to life circumstances, such as fear, anger, depression, anxiety, and a variety of other emotions.

Dr. Leaf goes on to explain that, “Thoughts that you don’t deal with properly become suppressed and can cause emotional and physical harm.” In other words, the negative thoughts we hold onto eventually cause a negative chemical response in our bodies that have a long-term, disastrous effect on our well-being. Fear, in and of itself, has vast and far ranging implications for our physical condition, “Research shows that fear, all on its own, triggers more than 1400 known physical and chemical responses and activates more than 30 different hormones” (Taylor, G 2017, para 1)

This book is a great encouragement to meditate, live a healthy life, detox toxic emotions, schedules, choices... by controlling our thoughts. I loved how Dr Leaf used her Christian approach on troubling thoughts. Reminded me of Battlefield of the Mind by Joyce Meyers. I love that God has shown Dr. Caroline how science is matching up with what the Bible has said all along. I would recommend this book to anyone as we could all use fewer toxic thoughts and more positive ones in our brains. I would recommend it to everyone who wants to understand how the mind and the power of our thoughts and words work. Dr. Leaf states she is a Christian psychologist/therapist, but she does not push Christianity. She believes that faith is an important component for a healthy mind.

References

Taylor,G 2017, retrieved from

<https://blog.taylorstudymethod.com/use-gratitude-detox-brain/>

References