

Think, Learn, Succeed: Understanding and Using Your Mind to Thrive at School, the Workplace, and Life

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✓ Verified Book of Think, Learn, Succeed: Understanding and Using Your Mind to Thrive at School, the Workplace, and Life

Summary:

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Our thought lives have incredible power over our mental, emotional, and even physical well-being. In fact, our thoughts can either limit us to what we believe we can do or release us to experience abilities well beyond our expectations. When we choose a mindset that extends our abilities rather than placing limits on ourselves, we will experience greater intellectual satisfaction, emotional control, and physical health. The only question is . . . how?

Backed by up-to-date scientific research and biblical insight, Dr. Caroline Leaf empowers readers to take control of their thoughts in order to take control of their lives. In this practical book, readers will learn to use

- The 5-step Switch on Your Brain Learning Program, to build memory and learn effectively
- The Gift Profile, to discover the unique way they process information
- The Mindfulness Guide, to optimize their thought life and find their inner resilience

Dr. Leaf shows readers how to combine these powerful tools in order to improve memory, learning, cognitive and intellectual performance, work performance, physical performance, relationships, emotional health, and most importantly a meaningful life well lived.

Each of us has significant psychological resources at our fingertips that we can use in order to improve our overall well-being. Dr. Leaf shows us how to harness those resources to unlock our hidden potential.

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