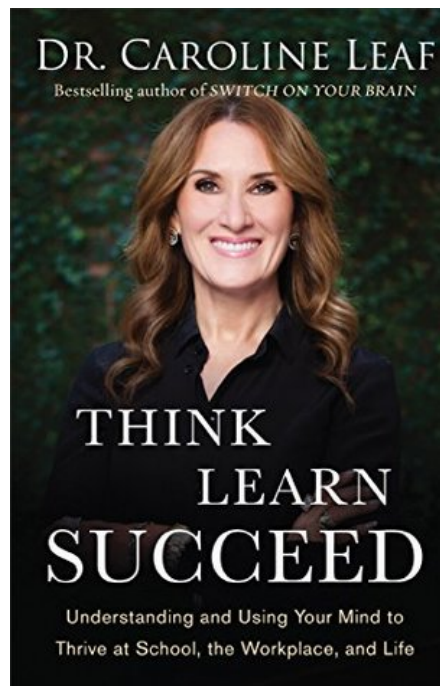




Think, Learn, Succeed: Understanding and Using Your Mind to Thrive at School, the Workplace, and Life

Caroline Leaf

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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.

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

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Becky Leebens says

This book is exceptional. I have read all of Caroline's books and they have helped me tremendously to get rid of all of the thoughts that were keeping me from being the best me I would like to be. Her systems are easy to use and they don't take much time. Just taking a few minutes every day will produce huge results. This book takes this to the next level!

If you have any desire to live a better, more successful life, then get this book! Put the rest of your self help books away and focus on this one. You won't be disappointed and the things she shares will impact you for a lifetime.

Martha Burton says

Think Learn Succeed by Dr. Caroline Leaf is a well written and informative book. There is so much useful information in this book that it deserves a place on any serious reader's shelf of favorite books!

This book is broken down into sections so that the reader can easily navigate through the material. The Mindset Guide helps the reader understand the various mindsets and the power they possess. The Gift Profile guides the reader through their own unique thinking cycle.

Dr. Leaf finishes off the book with the 5 Step Learning Process and the science behind it all.

This book is packed with empowering and life changing information. There were so many moments during my reading of this book that I was challenged by the content and excited at the possibilities it presented.

This book is a great resources for those who are serious about increasing their ability to Think Learn and Succeed.

Shelby Clarke says

While I can easily see the benefit of Dr. Leaf's methods on those of us looking to be more positive, proactive, and understand how we process information. I read books like these in a whole new light with my husband's severe chronic depression diagnosis. I was challenged to see how I think on a daily basis, and have been implementing some of her techniques. her advice on affirmations has become a go-to during my morning meditations. Although, I won't be recommending my husband to read this any time soon, instead, I hope that instead by implementing these for myself I can act as a model for him.

I felt Dr. Leaf's Gift profile was very accurate in assessing my gifts and how to strengthen them.

Understanding how I think has literally, changed how I think. I look forward to leaning into a better understanding of how I uniquely think and succeeding. Her 5 steps to switching on your brain are practical and do-able. Which is important as I don't always think the way people encourage you to learn or understand is do-able.

This is a great book and not one to be taken lightly. Although I've read it, I feel another reading of a few sections would exponentially help and having others to talk to about her methods is also helpful.

Overall rating: 4 out of 5 stars

I was provided a copy of this book for free by the publisher. These are my own opinions.

Alicen says

Another excellent book from Dr. Leaf!

My favorite things about this one are the easy to understand and super practical tips she put in the book. If you've ever wanted to learn how your brain really works, this book will help you get started on your journey. I feel that this book is almost a primer that lightly touches on much deeper topics. Let's just say I've immersed myself in trying to figure out how to "use my brain the right way". When I say the right way, I mean my unique way of thinking. My way of thinking is different than yours. So you really do need to read this book to discover how it is you think. Only then can you really start succeeding in your life the way you know you always could.

I have experience revelation after revelation as I read this book. Thoughts such as, "So that's why I do that." and "Why didn't I know this before." and "Oh! This makes so much sense now.". My only hope is that you see that there is a way out of your chaotic thought life. And this book is the ticket to freedom my friend.

Andrew says

I received an advance copy from Dr. Leaf as I have worked and studied in the field of neuroanatomy and neuroscience early on in my career. Dr. Leaf explains current and recent research about the brain, the mind and our thinking that have been undergoing a lot of research worldwide by the scientific community. A lot of things that were previously thought about the brain and the mind have been debunked but it is not the myth busting that makes this book good as much as it is the flair that Dr. Leaf has in taking complex scientific research and making it understandable. She explains things very well and shares how what is being learned about our brains and our minds and our thoughts can be put to use by us to improve our lives. The book has some diagrams and charts and is divided into chapters about various mindsets that many of us share. She discusses mindsets such as the "expectancy mind set", the "willpower mindset", the "healthy stress mindset", and others in the first part of this book. Once you learn about these mindsets, then you explore your own thinking processes and assemble these into your own, individualized "Gift Profile" to identify those areas that you are really good at and transitions into teaching us how to customize our thinking patterns and gift profile to maximize our success at various tasks that we use our minds for,(hopefully). She breaks down the processes of learning and memory and diagrams how our thoughts are processed at various levels. Just like food is processed in our digestive systems, Dr. Leaf uses the stages of food digestion as a template or model to compare how our thoughts, learning and memory are processed in various stages as well by our brains and our minds and what goes on in the various stages of learning and memory. This book distills a great deal of complex neuroscientific research into chunks that each of us, no matter our level of science background, can wrap our minds around and improve our lives by developing our thinking, learning and memory. I highly recommend this book. There is an accompanying work book as well to help work through the material. I wish I had had this information many years ago when I first started my adventures in learning. But! It's never too late to learn more and put it to work. So, get the book. You will spend some time with it, and it will provide a lot of value in many ways.

Tony Smith says

Review of “Think, Learn, Succeed” by Dr. Caroline Leaf

Dr. Leaf tackles a difficult subject in an easy to understand manner. Her experience in academics and working with all types of people have given her an effective communication style. The book takes us through how we think, how to identify our learning style and her five-step learning process. Readers discover how to use these to improve their thinking, their ability to learn and ultimately to succeed in life. A very interesting and helpful section is on myths about learning and capabilities that have become popular, myths that can actually, and unfortunately, artificially limit a person.

This book is excellent for any individual to read and study and would also be very good as a text book or guide for a class. I found the book very, very helpful and useful. I cannot say it is an easy read because it makes you think. One of very useful parts of the book is the Mindset Guide. This section helps us understand how our mindsets can affect how we think and what we do. Dr. Leaf provides ideas on how to change your mindset to one that is oriented to better thinking and personal success. Throughout this book (and all her books I have read) Dr. Leaf encourages treating other people with kindness and respect.

It is not the first book by Dr. Leaf I have read, and it will certainly not be the last. As a part of the review team I received a free copy of the book for my objective review.

Lynn Thomas says

This is by far the most practical book Dr. Leaf has written. It is easy to comprehend, or as she suggests, easy to break off into bite size pieces, savor, and let them nourish your mind and brain. I am hopeful to make great progress in my journey to a healthy, energized life with the tools in this book. It is full of wisdom and thoughtful commentary and useful steps to renovate the parts of my house hit by the hurricanes of life, where doors have long been shut and locked because no one had the energy to deal with the destruction in those rooms. I think now I can.

Laurie says

Dr. Caroline Leaf has done it again. I have been following Dr. Leaf for many years. I own and have read several of her books and DVD's as well as watching her on TV, and I have subscribed to her Gift Profile and 21 Day Brain Detox programs.

Dr. Leaf's new books Think Learn Succeed is another valuable resource in my personal life transformation. Whenever we talk about the brain it becomes somewhat technical and for the average person that is not a doctor it can be a challenge. I think this is perhaps my favorite book from Dr. Leaf. It is an easier read for the non-medical professional. It incorporates new information while also including a section on her Gift Profile and her 5 step Brain Training Program. It is the best of all worlds.

What I loved about this book is that the information was condensed down into smaller chapters. She teaches out how to learn. For many of us growing up in school we would study and cram to spit out information on a test only to forget most of what we were learning. There is a different way to approach learning and that education system would be wise to hire Dr. Leaf to lead them as future generations would be grateful.

Dr. Leaf explores many different mindsets in her book from gratitude to forgiveness to words and thinking. As someone who recognizes the value of our thoughts and how that impacts the words we speak I love what she shares. It is a refreshing approach to healing that not only affects our minds but our body and soul too. It allows us to see that our mind and brain are separate and that our will and emotions are a part of our soul and can be controlled.

I have longed believed that toxic thoughts can affect the health of our bodies and Dr. Leaf shows how research confirms that this is true. By applying the principles in her book you can move from striving to thriving. You can move from overwhelm and feeling stuck to a vibrant, flourishing life. If you have had more questions than answers and if you are tired of being stuck or want to get off the wheel you have been running on that order a copy of this book today and begin the journey. Dr. Leaf will walk alongside you as a faithful friend. I encourage you to visit her website and look at her various programs that are a small investment in changing your life. You don't need to spend thousands to get answers. You can invest about \$100 to purchase programs and books and then it is about the time investment. Taking a half hour or an hr a day for yourself is the best prescription. Tell Dr. Leaf I sent you and then share your journey so someone else can be inspired. You only get one life, make it the best one possible.

Dana Labreck says

I have always been very intrigued with Dr. Caroline Leaf and her epistemology on the brain and it's correlation with our well being and now in depth with the mind as two working together as one. Think= To become deeper and clearer in the thought process. Learn= Discover the untapped capability there truly is to explore. Succeed= Applying the principles on a consistent basis to thrive, attain and achieve all that anyone seeks to improve their overall ventures in life. There are many expressions that come with her talents as a Doctor, Wife, Mother and awesome woman of Faith that just scratches the surface of what she has revealed from deep inside her blessed, soul and to share with all of the world as they read this remarkable book, which is one of many, that she has written.

Thank you Dr. Caroline Leaf for all of your inspiration and motivation to excite me and help me to evolve beyond my imagination.

Best regards,
Dana Labreck

Dj says

I find the book to be encouraging, empowering, even life changing! Throughout, we are reminded that we are 'wired for love' and of the importance of living life from that perspective. If you've ever wondered, 'Exactly how do I take my thoughts captive?' Dr. Leaf shows you in very practical ways -with entirely doable strategies!

It is an incredible teaching on the power of changing mindsets in order to improve your overall quality of life! You owe it to yourself, your loved ones and your futures to read this amazing book for yourselves! It's one you'll want to read again and again!

As a member of the launch team I received a free copy of the book in exchange for my honest review. I enjoyed it thoroughly!

QuietmanWife says

Dr. Leaf opens up a whole new, healthy way of thinking for me. I have purchased and read most of her other books, but Think, Learn, Succeed is my favorite to date. This book is so helpful and will be one I regularly go back to for review. The chapters have "Activation Tips" to reinforce the material covered. This is wonderful in leading me to take pause and think more deeply about certain mindsets. Dr. Leaf really makes this highly complex information understandable and move into useable application. I found myself being so grateful for the overviews because they really encourage me to share what I am learning easier because when you can explain something, you know it better than just consuming information and moving on.

The beginning section of the book explains mindset and expounds on different types. Examples of mindsets are The Controlled Mindset, The Controlled Emotions Mindset, The Forgiveness Mindset, and The Healthy Stress Mindset. I have gone back and reread these quick, but well-explained chapters often. Another one of the many aspects I appreciate about this book is that "the fluff" is left out. Dr. Leaf is direct and clear. I have a choice to take these truths and apply them in my everyday. When I do, I am thinking more clearly with less stress, and as a person who doesn't always know what I'm feeling, this is a huge relief! Through this book, Dr. Leaf has helped me better understand how I am uniquely created, how I think and how to better communicate with others in love. In Think, Learn, Succeed, Dr. Leaf has done an effective job of teaching, encouraging, and revealing how to apply this life changing concept of taking my thoughts captive and the importance of love in every area of life. Thank you, Dr. Leaf!

***I was included in the Think, Learn, Succeed book launch team and sent a copy of the book to review. I have since purchased additional copies for friends and family, but was under no obligation to do so. I believe in Dr. Leaf's gifted message and this book! This would be a great Christmas gift, but I can't wait!

W says

INTERESTING, INTRIGUING, THOUGHT-PROVOKING, AND EMPOWERING!

I underlined about half of the book! This book is filled with rich information that is not only scientific and biblical, it makes sense! :-)

Dr. Leaf does a great job of explaining something technical in a down-to-earth way where it is understandable. The short chapters allow time for the concepts to sink in (and make it easy to read when you have short amounts of time) and the activation tips at the end of each chapter are perfect for implementation. The principles taught are life-changing!

"When you make a negative statement, you release negative chemicals. These chemicals allow negative memories to grow stronger, especially if you continue to allow these thoughts to dominate your thinking.

Whatever you think about the most grows."

If you are at all interested in improving your life, I recommend this book!

I received an advance copy of the book, however, the opinions are my own and I was under no obligation to leave a positive review.

Ruth says

This is a comprehensive guide which combines hard science and practical application for the improvement of thinking and learning outcomes in a variety of settings. This book can be used both personally and professionally, including, but not limited to counseling and educational environments. The book is divided into four sections. In the the first section, Dr. Leaf profiles 16 different mindsets describing each one, including scientific data, and following up with a practical list of tips to activate each one.

In section 2, she outlines the purpose of and lays out her gift profile. You take the assessment at this time and learn what to do in each of the seven modules to customize and improve your personal performance.

In section 3, she outlines The Switch On Your Brain 5-Step Learning Process, in which the mind-set and gift profiles are integrated together.

Section 4 is the science behind memory, her Geodesic Information Processing Model and how our customized way of thinking and learning fits together. This book is based on thirty or more years of research and practice working with a wide variety of individuals including patients with T.B.I and P.T.S.D., students with all levels of learning struggles and highly functioning students, as well as adults just wanting to improve their lives. This book offers a unique combination of topics and pulls them all together effectively in a way no other book on this topic had done.

Julie D. says

I am always so very blessed to read a book by Dr. Caroline Leaf. She has, quite honestly, changed my life for the better in so many ways. She's really brilliant and her books are easy to read and apply to our life, despite her use of big words! lol

I really like that Dr. Leaf always emphasizes that we are each uniquely created and that we can utilize the way we think to learn and succeed in better ways. I also love the Gift Profile part of the book because it gave me a clearer understanding of who I am and how I can better use my gifts. I also like that she talks about healthy mindsets. This was particularly helpful to me, especially when she talks about taking thoughts captive. It's so easy to think negative thoughts and she gives us the tools to stop these things in their tracks and think in better ways.

Of course, how we think affects how we learn and succeed so she draws the line from one to the other for us so we can have better success in our lives. Having a more loving attitude with gratefulness and forgiveness is the road for us to do better in our lives. Of course, we know this, but with Dr. Leaf, she breaks it down and gives us the tools to actually think this way.

This is a great book for anyone who wants to improve their thinking and their life. Dr. Leaf has once again written an amazing book that will bless you! I highly recommend this book and give it 5 out of 5 stars.

*This book was provided to me by the publisher an author for my honest review

Shelley Shrader says

We live in an era where mental illnesses are significantly increasing, and technology is hindering deep thinking moments that lead to increasing our long-term memory.

Dr. Caroline Leaf does an outstanding job of providing astounding insight into the way our brain is designed to think, learn and succeed in life, school, and the workplace.

Many people mistakenly believe as we succumb to the aging process, our brain deteriorates. Dr. Leaf gives us solid scientific evidence that proves our brain can improve with age, if we have the correct mindsets, understand how we uniquely process our thoughts and learn how to learn.

I found this book to be utterly fascinating as well as encouraging. It's packed with great tools to help unlock your potential. Discover how to apply 15 healthy mindsets, build long-term memory and engage in an active learning process.

Some Notable Quotes:

Where your mind goes, your life follows.

Whatever we think about the most will grow.

Our words are the fruit of our thoughts.

Stress is actually a good thing! It's how you choose to perceive the stressful situation that will determine if the stress works for you or against you!

Forgetfulness is not a natural part of aging. Indeed, the brain is meant to get better with age!

You are the one who has control over your thinking; you wield this power through the way you think, feel, and choose.

I received an advanced copy of this book in exchange for my honest review.
