



**Maak 'n kopskuif (eBoek): Jou denke beïnvloed
jou gesondheid, geluk en geestelike lewe.
(Afrikaans Edition)**

Caroline Leaf

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Wat jy dink, beïnvloed jou liggaamlike en emosionele gesondheid!

Met ondersteuning van onlangse wetenskaplike en mediese navorsing gee dr. Caroline Leaf in MAAK 'N KOPSKUIF vir ons 'n Bybelsgebaseerde voorskrif wat ons sal help om gesonder te leef deur ons denkpattre te verander. Sy wys hoe 'n kopskuif ons in staat sal stel om gelukkiger, gesonder en meer vreugdevolle lewens te lei, ons doelwitte te bereik, ons lewe onder beheer te kry en selfs ons intelligensie te verhoog.

Elke hoofstuk word afgerond met die kernpunte in die hoofstuk vir maklike naslaan en terugskouing asook diagramme en illustrasies. Verder bied hierdie boek ook 'n praktiese 21-dag-breïndetoksplan wat jou lei om giftige gedagtes met gesondes te vervang.

MAAK 'N KOPSKUIF is bedoel vir almal wat nie meer 'n slagoffer van hulle gedagtes wil wees nie, maar hulle brein se volle potensiaal wil benut.

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