

*MIT DETOX-PLAN IM PRAXISTEIL:
ENTGIFTE DEIN GEHIRN IN 21 TAGEN*

SCHALTE DEIN GEHIRN AN

Der Schlüssel zu maximaler
ZUFRIEDENHEIT, DENKFÄHIGKEIT
und GESUNDHEIT

DR. CAROLINE LEAF

Aus dem Amerikanischen von
Gabriele Kohlmann



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Bildliche Darstellung eines gesunden Gedächtnisses

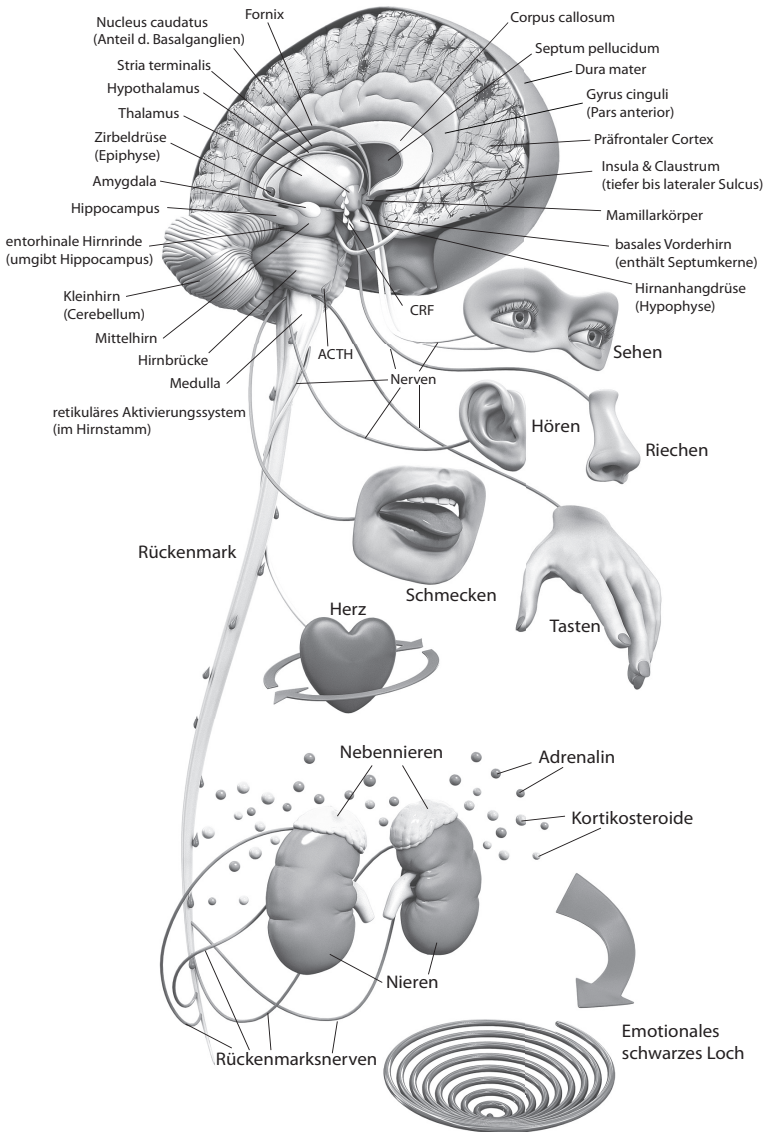


Bildliche Darstellung eines toxischen Gedächtnisses

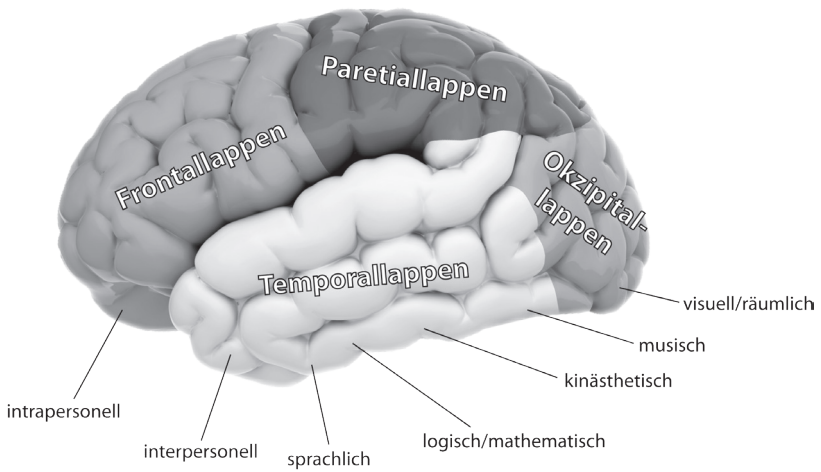


KAPITEL 2

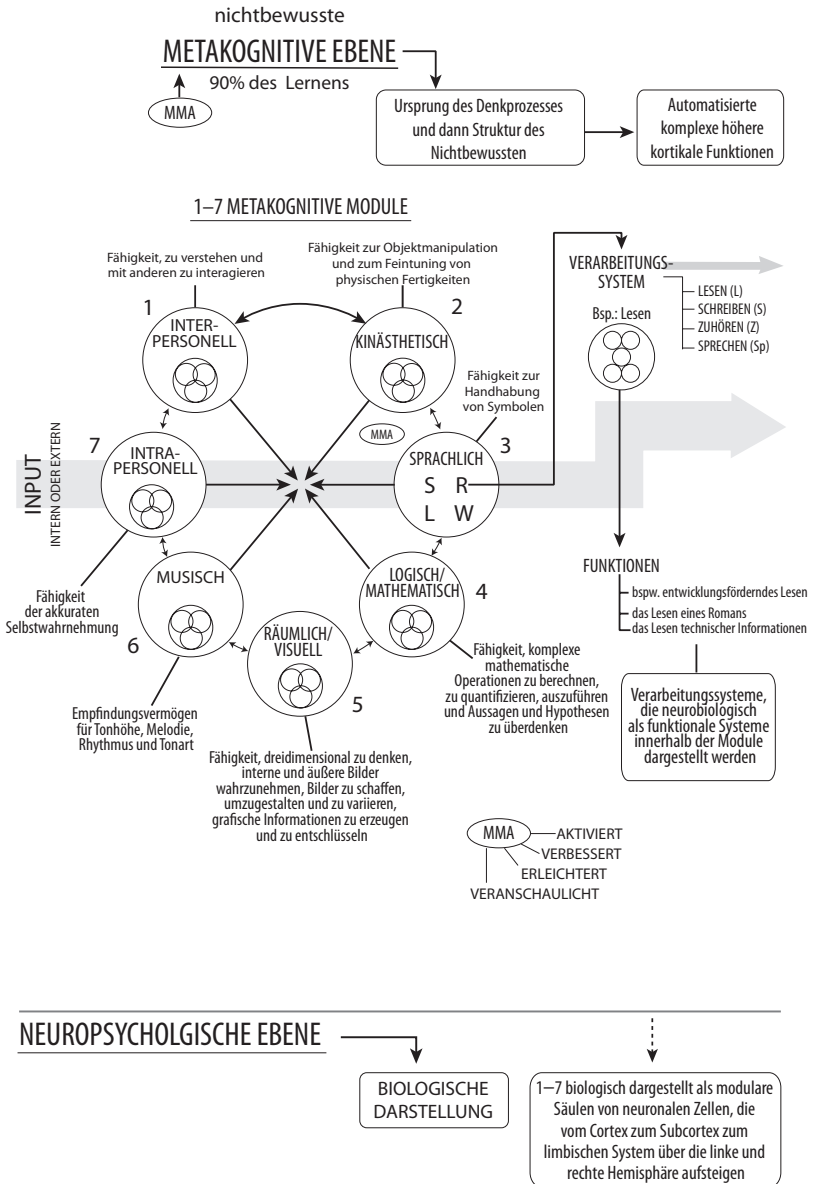
Im Inneren des Gehirns

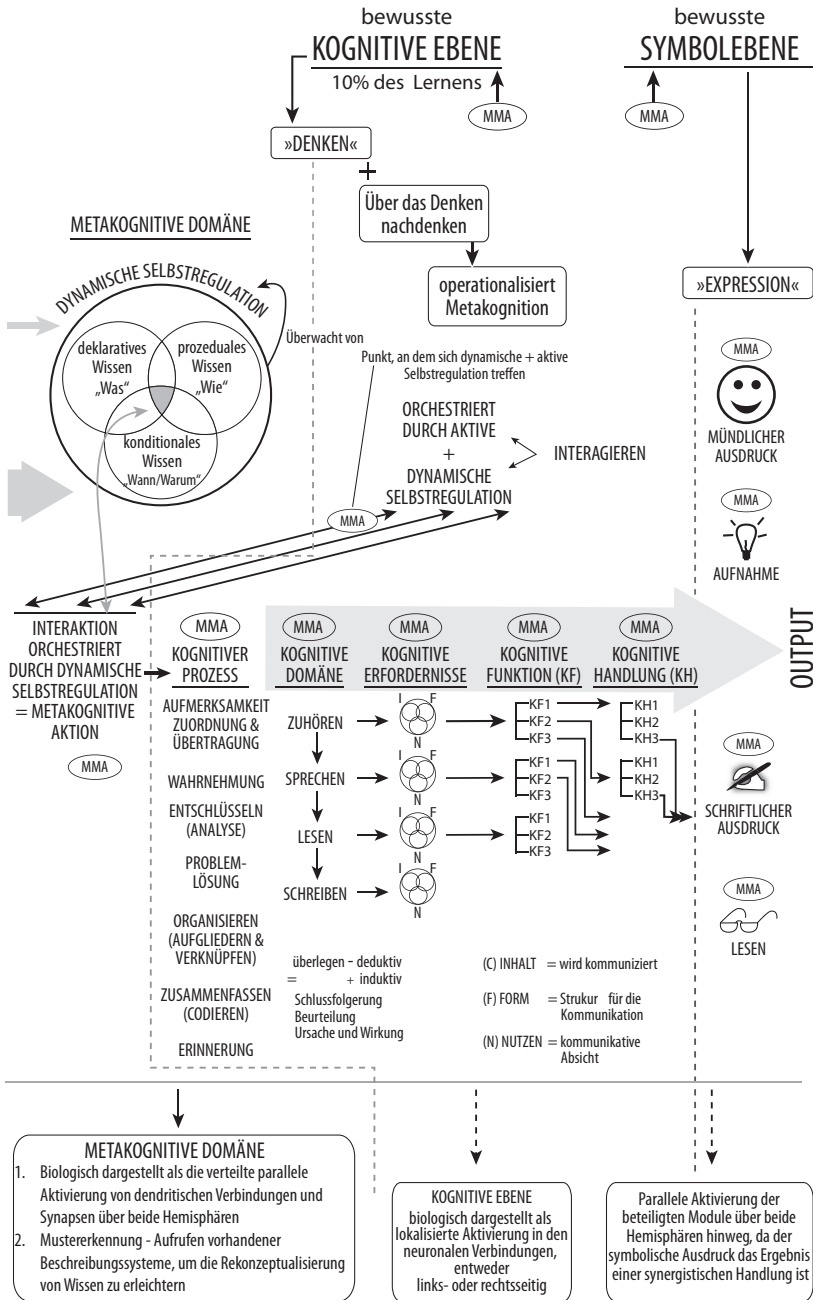


Die sieben verschiedenen Arten des Denkens



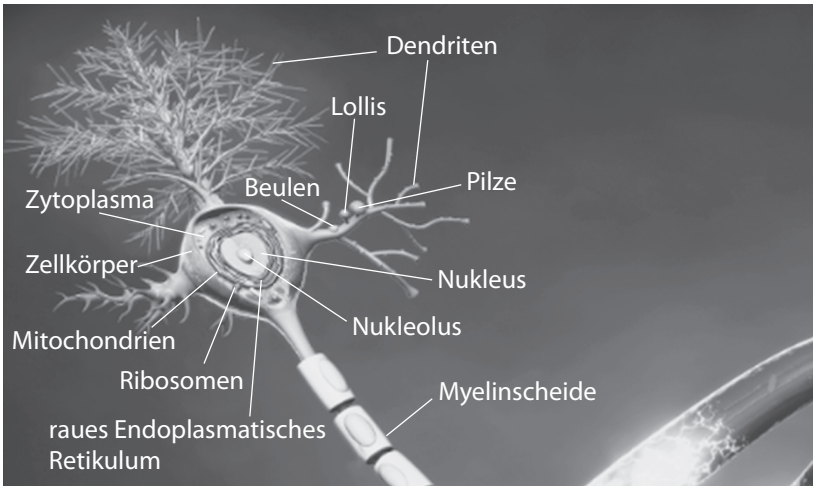
DAS SCHEMA DER GEODÄTISCHEN INFORMATIONSVERARBEITUNG





KAPITEL 10

Ein Neuron mit Dendriten und dornen-, lilli- und pilzförmigen Auswölbungen

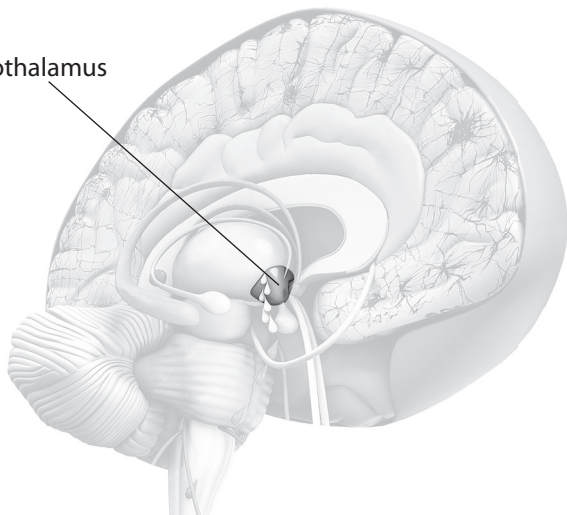


KAPITEL 11

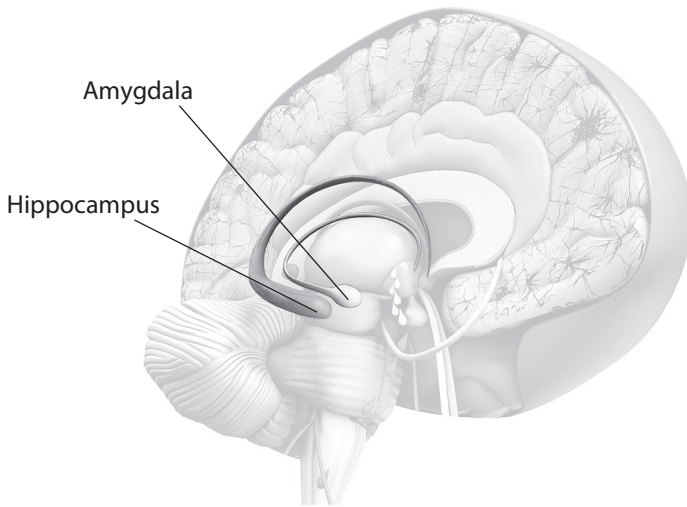
»Magische Bäume des Verstandes«, Gewebeschnitt mit Golgi-Färbung

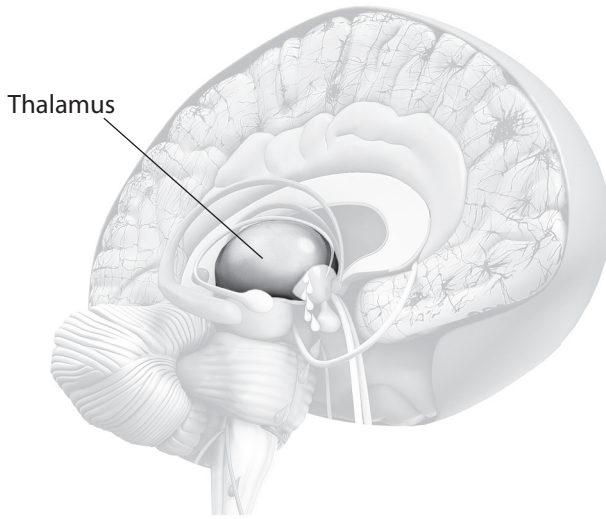


Hypothalamus

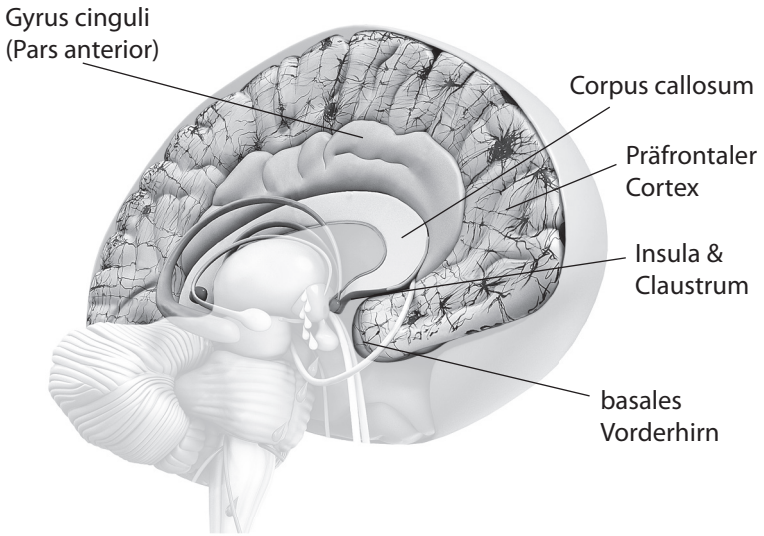


Hirnstrukturen und Schaltkreise, die dir helfen, gute Entscheidungen zu treffen

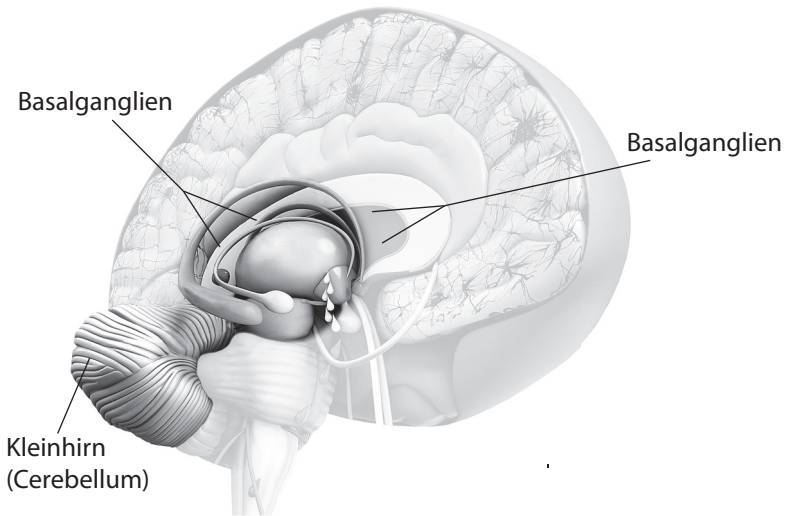




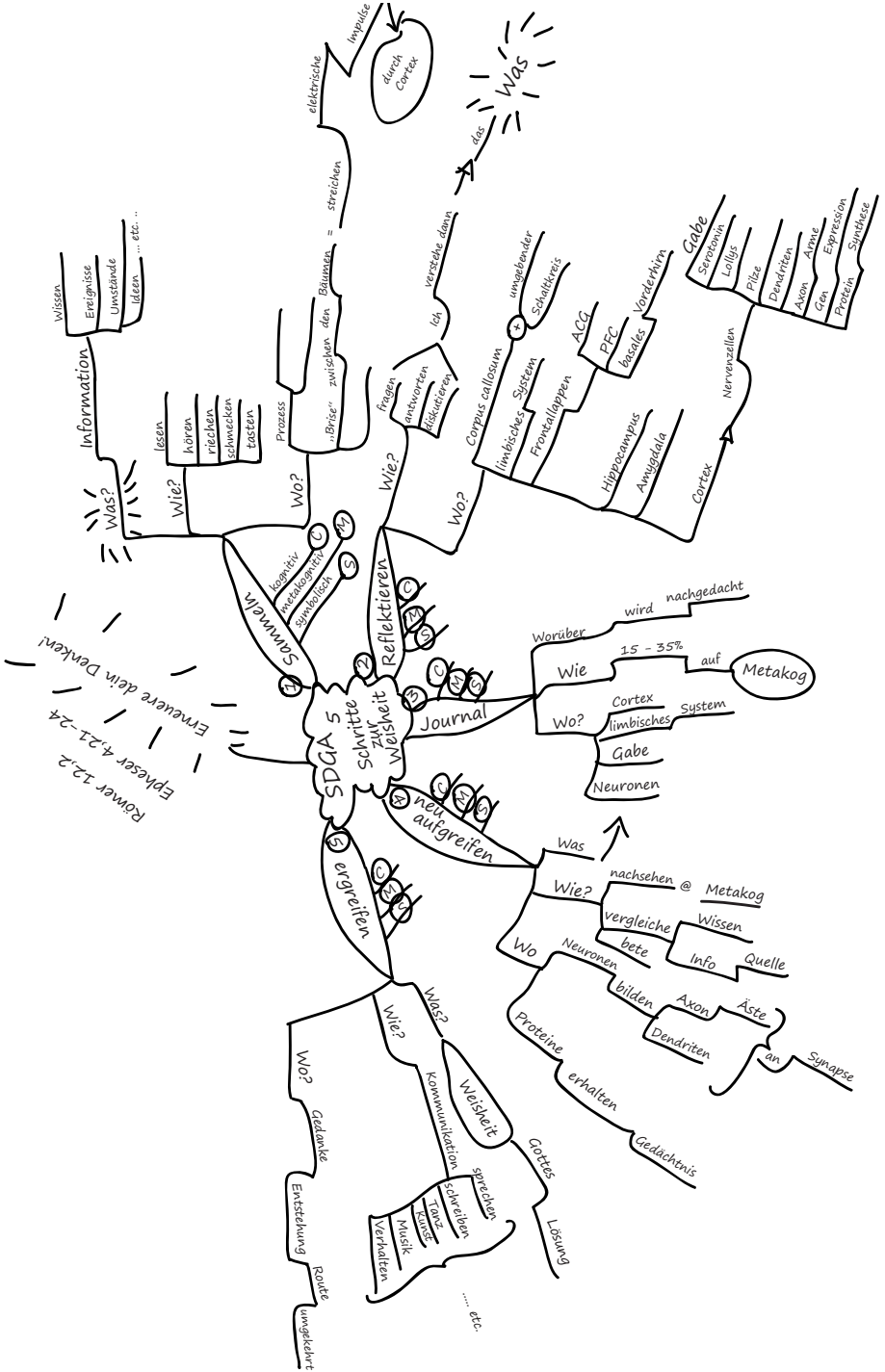
KAPITEL 12



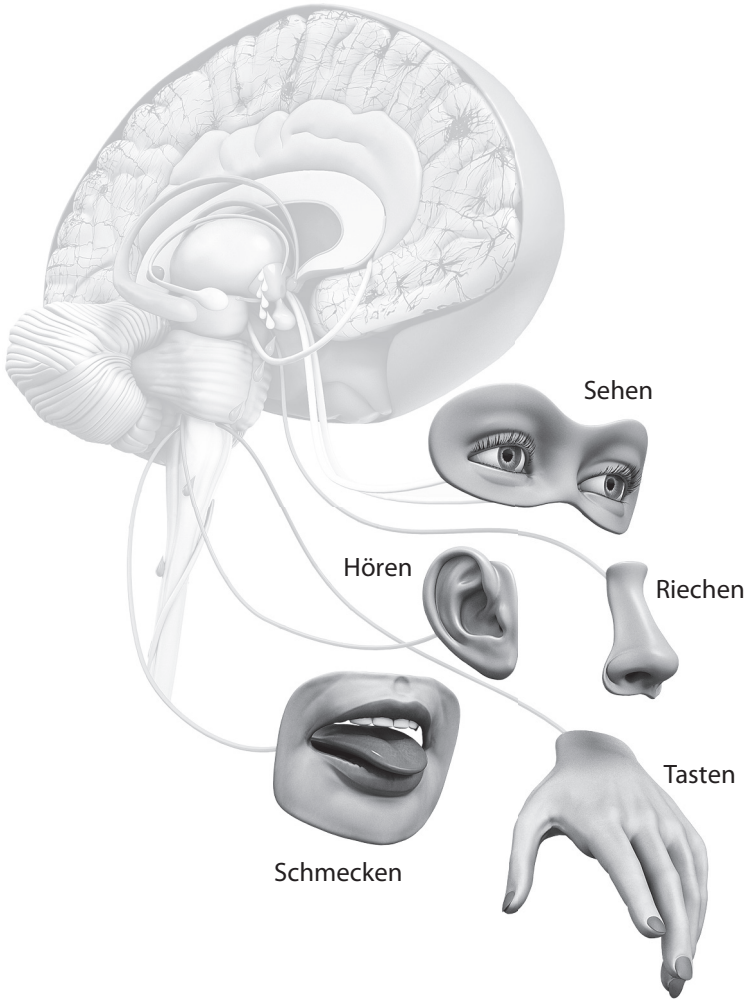
KAPITEL 13



Das Metakog



Im Inneren des Gehirns



Leseempfehlungen

Die Konzepte, die ich in diesem Buch vorstelle, decken ein breites Spektrum ab. Die Grundlage dafür hat sich aus jahrelanger Lektüre und Recherche sowie meiner Forschung und der Arbeit mit Privatpatienten sowie mit Klienten in Schulen und Unternehmen gebildet. Wenn ich die Quellen aller Zitate und Anregungen komplett auflisten müsste, um den Ursprung jedes einzelnen Faktus für eine vollständige wissenschaftliche Untersuchung zu dokumentieren, wären die Quellenangaben insgesamt fast so umfangreich wie das Buch selbst. Deshalb habe ich mir eine gewisse Flexibilität erlaubt, mit dem Ziel, das Buch allgemeinverständlich zu formulieren und meine Botschaft möglichst effektiv zu vermitteln. Es gibt nur einige wenige, allgemein gehaltene Zitate im eigentlichen Text, ergänzt durch die nachfolgende Liste mit einer Auswahl von hervorragenden Büchern und wissenschaftlichen Artikeln, die ich in meiner Forschung verwendet habe.

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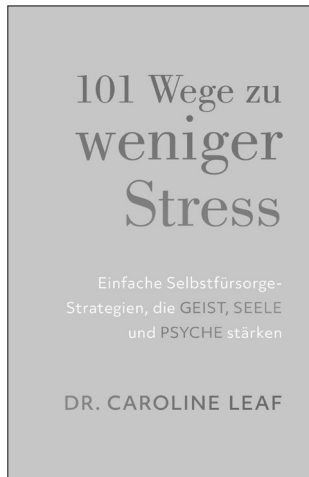
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