



Neuroscientist, Mental Health & Mind Expert, Bestselling Author & Top Health Podcast Host

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Dr. Caroline Leaf is a communication pathologist and cognitive neuroscientist specializing in cognitive and metacognitive neuropsychology. Since the early 1980s she has researched the mind-brain connection, the nature of mental health, and the formation of memory. She was one of the first in her field to study how the brain can change (neuroplasticity) with directed mind input. During her years in clinical practice she worked with many people who struggled with Traumatic Brain Injury (TBI), Chronic Traumatic Encephalopathy (CTE), learning disabilities (ADD, ADHD), autism, dementias and mental ill-health issues like anxiety and depression.

Dr. Leaf is also the bestselling author of Switch on Your Brain, Think Learn Succeed, Think and Eat Yourself Smart, and many more. She teaches at academic, medical and neuroscience conferences, churches, and to various audiences around the world. She is also part of the mental health initiative in Washington, DC. Dr. Leaf is currently conducting ongoing clinical trials using the 5-step program she developed while in private practice to further demonstrate the effectiveness of mind-directed techniques to help relieve mental ill-health problems such as anxiety, depression and intrusive thoughts.



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Dr. Caroline Leaf Mental Health for ALL

Dr. Caroline Leaf's mission, and the vision of her company, is to make mental healthcare, knowledge about the power of our minds, and tools to improve learning and memory more easily affordable, accessible, and applicable to everyone around the world regardless of race, ethnicity, gender, age, sexual orientation, or religion.

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