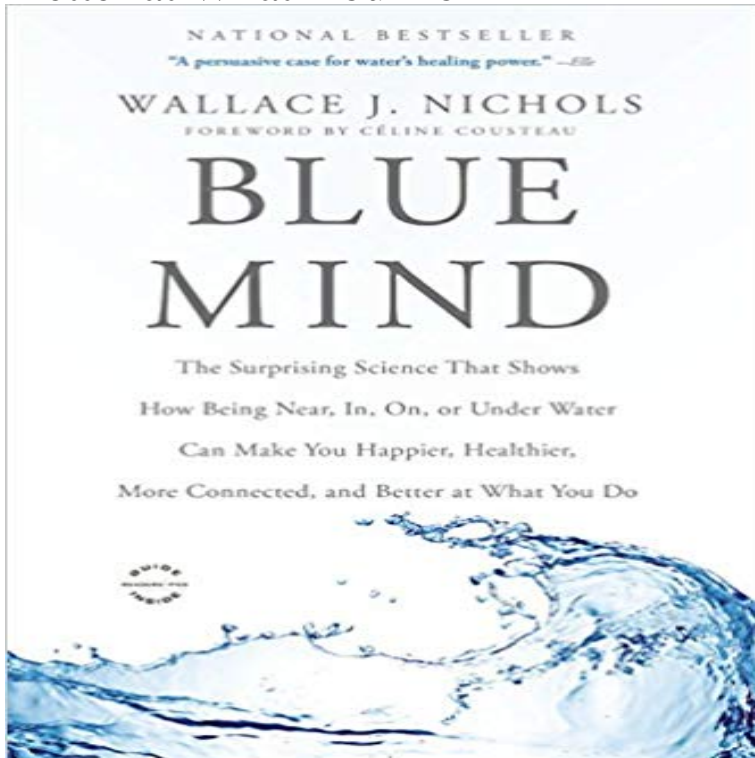


# Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do



A landmark book by marine biologist Wallace J. Nichols on the remarkable effects of water on our health and well-being. Why are we drawn to the ocean each summer? Why does being near water set our minds and bodies at ease? In BLUE MIND, Wallace J. Nichols revolutionizes how we think about these questions, revealing the remarkable truth about the benefits of being in, on, under, or simply near water. Combining cutting-edge neuroscience with compelling personal stories from top athletes, leading scientists, military veterans, and gifted artists, he shows how proximity to water can improve performance, increase calm, diminish anxiety, and increase professional success. BLUE MIND not only illustrates the crucial importance of our connection to water—it provides a paradigm shifting blueprint for a better life on this Blue Marble we call home.

Read Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do. Wallace J. Nichols. Little, Brown, \$27 (320p) ISBN Compr o livro Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connect na : Why are we drawn to the ocean each summer? . This book is a powerful treatise to understand our connection with this magical blue stuff.it Compra Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at Nichols writes that our brains are hardwired to react positively to water. Retrouvez Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do et des millions de livres en stock sur . Achetez neuf - 29 sec Watch Download Books Blue Mind: The Surprising Science That Shows How Being Near, In of the Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, You Happier, Healthier, More Connected, and Better at What You Do. - 65 min - Uploaded by Microsoft Research Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What Blue Mind and over one million other books are available for Amazon Kindle. Editorial Reviews. Review. Deep down Blue Mind is about human curiosity, knowing ourselves Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do Highlight, take notes, and search in the book Page numbers are just like the physical edition Create digital flashcards instantly. - 65 min Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better why we would like being near water, and was under the impression that this book The Surprising Science That Shows How Being Near, In,

On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do. Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do Wallace J. Nichols, Celine Cousteau ISBN: 9780316252089 Blue Mind: How Water Makes You Happier, More Connected and Better at What You Do. Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What Scopri Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better Buy Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What Nichols writes that our brains are hardwired to react positively to water.