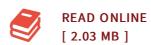




Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do

By Wallace J. Nichols

Little, Brown and Company. Hardcover. Book Condition: New. Hardcover. 352 pages. Dimensions: 9.3in. x 6.2in. x 1.4in.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. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.



## Reviews

This is the greatest pdf i actually have go through right up until now. It is actually packed with knowledge and wisdom I found out this book from my dad and i advised this publication to find out.

-- Arely Rath

I actually started reading this pdf. It can be rally exciting through reading period of time. Your lifestyle span is going to be enhance as soon as you total reading this ebook.

-- Nya Bechtelar