



# 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

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**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.

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## **Bibliography**

- Sales Rank: #10511 in Books
- Brand: Back Bay Books
- Published on: 2015-07-21
- Released on: 2015-07-21
- Original language: English
- Number of items: 1
- Dimensions: 8.25" h x 1.00" w x 5.50" l, .0 pounds
- Binding: Paperback
- 368 pages



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## **Editorial Review**

### **Review**

"Blue Mind" is a fascinating study of the emotional, behavioral, psychological and physical connections that keep humans so enchanted with water. Nichols examines seas and oceans, lakes and rivers, even swimming pools and the contents of our bathtubs in a study that is both highly readable and rooted in real research. Nichols draws on science and art, hard data and anecdote, and plenty of experience, to explain our blue mind in detail.

**--Washington Post Book review by Nicola Joyce**

"A visionary." ---*Outside*

"Nichols's message is a critical and compelling one." ---David Bennett, Green Team Operations & Innovations, Google

"If your time on our planet needs less stress and more happiness, find your way to Nichols's *Blue Mind* for the surprisingly simple and joyous ways water can change your life."?Timothy Dykman, *Ocean Revolution*

"Nichols insists on a more experiential brand of activism, encouraging individuals to encounter the oceans directly, in order to build personal and emotional connections-to get their feet wet."?GQ Magazine

### **From the Author**

*I wish you water.* ---J.

### **About the Author**

**Wallace "J." Nichols, Ph.D.**, is a research associate at the California Academy of Sciences and founder/co-director of Ocean Revolution, SEE the WILD, and LiVBLUE. His work has been broadcast on NPR, BBC, PBS, National Geographic and Animal Planet and featured in *Time*, *Newsweek*, *GQ*, *Outside*, *Fast Company*, *Scientific American*, and *New Scientist*. He lives in California with his partner Dana and two daughters.

## **Users Review**

### **From reader reviews:**

#### **Mindy Martinez:**

Have you spare time for just a day? What do you do when you have much more or little spare time? That's why, you can choose the suitable activity for spend your time. Any person spent their particular spare time to take a move, shopping, or went to typically the Mall. How about open or maybe read a book entitled *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*? Maybe it is for being best activity for you. You realize beside you can spend your time using your favorite's book, you can cleverer than before. Do you agree with their opinion or you have some other opinion?

**Denise Church:**

This book untitled 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 to be one of several books that best seller in this year, that is because when you read this e-book you can get a lot of benefit into it. You will easily to buy that book in the book retailer or you can order it by means of online. The publisher of this book sells the e-book too. It makes you more readily to read this book, since you can read this book in your Smartphone. So there is no reason for your requirements to past this reserve from your list.

**Vikki Maynard:**

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**Calvin Copher:**

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