



# 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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### 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.

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#### Mindy Martinez:

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**Vikki Maynard:**

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**Calvin Copher:**

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