



DOWNLOAD



## Blue Mind: The Surprising Science that Shows How Being Near, In, On, or Under Wa

---

By Nichols, Wallace J. Cousteau, Céline, Foreword by.

Little, Brown. 1 Paperback(s), 2014. soft. Book Condition: New. Why are we drawn to the ocean? Why does being near water set our minds and bodies at ease? Marine biologist Wallace J. Nichols looks closely at the remarkable effects of water on our health and well-being, combining brain scans and neuroscience with convincing personal stories from athletes, scientists, military veterans, and artists that show how proximity to water can improve performance, increase calm, diminish anxiety, and increase professional success."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 World 333.



**READ ONLINE**  
[ 4.77 MB ]

### Reviews

*A whole new electronic book with a new point of view. It can be full of knowledge and wisdom Its been written in an exceedingly simple way which is only following i finished reading through this pdf in which really modified me, modify the way in my opinion.*

-- **Arianna Nikolaus**

*This ebook is wonderful. I have got go through and so i am certain that i am going to likely to read through once again again later on. You will like the way the article writer compose this ebook.*

-- **Miss Ariane Mraz**