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## 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.



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