



## 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**  
[ 4.1 MB ]

### Reviews

*The ebook is simple in read easier to recognize. It is one of the most awesome book we have read through. I am happy to explain how this is basically the finest pdf we have read inside my very own lifestyle and may be he finest publication for actually.*

-- **Jaiden Turcotte DDS**

*Very useful to all of class of individuals. This really is for all those who statte there had not been a worthy of looking at. I am just very happy to let you know that here is the finest ebook i have got go through within my individual daily life and might be he finest ebook for actually.*

-- **Delores Mitchell PhD**