

NATIONAL BESTSELLER

*"A persuasive case for water's healing power." —*ELLE**

WALLACE J. NICHOLS

FOREWORD BY CÉLINE COUSTEAU

# 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



Wallace J. Nichols

# 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



[continue reading](#)



Why the beach is so soothing I always knew there is something particular about living on an island, surrounded by the calming noises of lapping waves. This book explains it. Blue Brain isn't a dry science publication. You may want to purchase a boat or continue vacation after reading this one. He defines the "blue brain" as a mildly meditative state characterized by calm, peacefulness, unity, and a feeling of general joy and satisfaction with existence.. " .. I found myself rereading some of those sections because I needed to understand.[W]ater provides the most profound shortcut to happiness away there." He explores our emotional ties to drinking water, explains the technology of human brain research, contemplates what happiness is and how it is evaluated, talks about the affect of the color blue and the additional sensations of water. He explores the recreational use of water and medical benefits of drinking water, including its therapeutic make use of for PTSD, drug addiction and autism. He explains the Red Mind and the Gray Mind – enlightening. Nichols writes our brains are hardwired to react positively to water.. As a conservationist, this book is vital that you me to help to describe to everyone why investing in the security and restoration of our open aquatic spaces along with making sure we have access to them, is an urgent priority.. He is also worried about the future of drinking water and ends his publication with a reminder of our emotional attachment to it and the need to make sure it is there for future years. Nichols for the years of study that went into this groundbreaking work and his enthusiasm for spreading the message of why we need water. I know what it means if someone gives me a blue marble. Understanding the advantages of being near water I just started scanning this book, but it well-written and will be offering interesting insights to the physical and psychological great things about living and being close to water. We received a complimentary galley of this book from the publisher for the intended purpose of an independent and honest review. A Powerful Treatise on Life After reading this book, don't walk, but race to the water! That is my first nonfiction book and I am amazed. I love this publication, and I cannot get enough of it! I admit, I'm a water-aholic. I discovered to swim before I could walk. I've usually take the chance to jump into the water. Vice President of Programs The San Diego Foundation WET Organic SECRETS of WATER Loved this book so much, I purchased five more copies for friends and family AND will attend their annual achieving this year !.even in the cold. And I've usually loved to trip my bike, operate, walk, or drive close to the water, I cannot get more than enough of it. Makes technology relevant! This book is a robust treatise to comprehend our reference to this magical blue stuff.... Couldn't put it straight down. The application of Nichols' book is broad, completely from health advantages to urban planning. Roughly I thought. we're more than 70% water ourselves, the same exact makeup of the ocean. Young, Ph. Turns out it all's not just you who all upon wandering through . As someone who grew up 30 minutes from a beach and who offers spent the majority of every summer months getting near, or in, water, I often have wondered if I was the only person who sensed this compelling need to be near drinking water, near the ocean.. Good mixture of facts and stories. put down the book, and mind for the drinking water. Not only it really is a technical account of how the ocean heals, it's also a look at the different professions that work, live, or enjoy by the ocean or lakes. Entertaining Science Great knowledge regarding the why behind the positive effect of water on your brain. you'll thank yourself for this! And now I understand why. Having a level in Marine Biology, I found some of the information in the book to be a bit of "common sense" ... It really is inspired by water and the sensations connected with it... However when I began teaching college biology to non-majors, I realized that this book really can light those college students up. Blue Mind really got some of my students excited about the oceans and ecology, engaged at greater amounts with the urinary tract and hormones, offered them a better idea of anatomy and physiology, and most importantly, I think, showed my college students that science is relevant NOW, and to them. Dr. I am now a devout follower of this philosophy. Explains our enchantment with water... They have already been. Wallace Nichols spends a lot of time in the water and has brought together the latest research about how exactly earth's bodies of drinking water may be used not only for fitness and recreational reasons, also for the healing of the body, brain and spirit. The reserve is definitely interlaced with enlightening stories about people who have physical and emotional problems whose lives were transformed through hanging out in water and in addition just breathing the air near large bodies of drinking water. He also exposes many environmental issues that require our attention to preserve the health of earth's water features for the preservation of long term generations, both human and nonhuman species. Why Blue Mind is vital Reading for the Conservation Movement Wallace J. Nichols provides written an important and inspiring book about why

our link with water and especially the ocean is important for our physical, psychological and cognitive health. Some of the findings are subjective and anecdotal and the tales help illustrate them. Anyone who cares about nature and our nature-deficit disorder should read this book. And then you must teach others everything you have discovered. I am grateful to Dr. Now I know why there are aquariums in waiting rooms and just why you should place a small one on your own work desk. Emily H. This is one beautiful book, and the work 'J' has done to bring water to our minds, and to help save the sea-turtles, is beyond commendable... Nichols is a great example of a scientist and advocate to a era of adults who are simply waiting for his communications! D.. Nichols includes lots of stories as examples of his thesis. it makes up the water, it creates up the sky, and it makes up us. And as the wife of a surfer with two surfer sons who are also ocean lifeguards I know that for our family's happiness, contact with our ocean is an absolute must.. It really is.. AND thinking about moving back to the coast to be near the OCEAN. A+ CANCELLATION Fascinating Amazing read. A small smile is felt on your own face. I certainly know that I always feel better, calmer and happier when I am near the sea or in a pool, whatever the weather is doing... Heavily referenced, and occasionally deep into neuroscience, it will teach even more than you would like to find out about neural maps in the brain and which part of the brain is responsible for what, and how and just why. I love reading, but mostly fantasy and horror. Full Disclosure: Not long ago i interviewed 'J' for our Inspire Nation Show.... Four Stars Plenty of information - no surprise that we need water! Wallace J Nichols gives us an in-depth look at the the reason behind becoming in, or, near, under or around water and the results it offers on your life.. I totally loved this book. Since reading, I've become a blue brain ambassador - sharing any positive details I learn about how to protect our oceans and our lakes. A wonderful read. I also today know the science behind why I love the water so much, especially the beaches of my island house. except when provided a choice between reading and heading to the drinking water.. I cannot recommend this reserve enough;.. Turns out it all's not just you who upon wandering through the woods finds a little watershed and is drawn to stop and rest.. You feel as though your blood pressure is lower.. It seems your worries have been moved to the back of your brain. If you live near the ocean like me personally or simply enjoy vacationing along its shores or those of waterways, this reserve explains our enchantment with everything drinking water and why we love to play in it or simply gaze upon its beautiful reflective surface area. This reserve, in a methodical and scientific method, explains why one seems healthier around water. I loved the reserve!. He combines water technology and neuroscience to show exactly that. Inspiring, Enlightening, Emotional One of the best books of all time.



[continue reading](#)

download free 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 fb2

download 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 pdf

[download free The Blood Sugar Solution 10-Day Detox Diet: Activate Your Body's Natural Ability to Burn Fat and Lose Weight Fast e-book](#)

[download free The Blood Sugar Solution 10-Day Detox Diet: Activate Your Body's Natural Ability to Burn Fat and Lose Weight Fast e-book](#)

[download free The Blood Sugar Solution Cookbook: More than 175 Ultra-Tasty Recipes for Total Health and Weight Loss fb2](#)