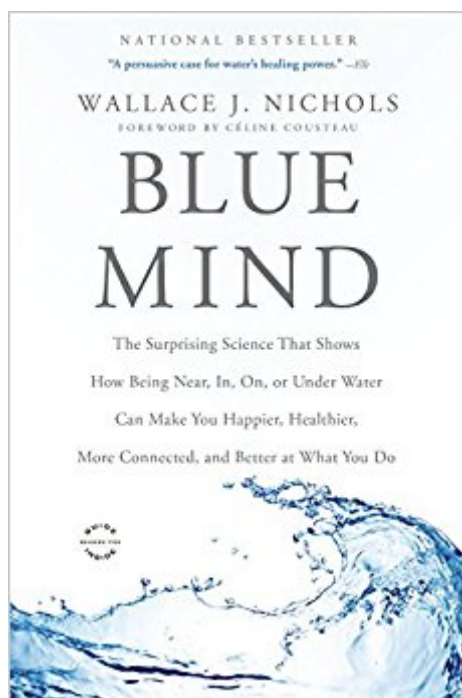




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Blue Mind: The Surprising Science That Shows How Being Near, In, On, Or Under Water Can Make You Happier, Healthier, More Connected, And Better At What You Do



Synopsis

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.

Book Information

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Customer Reviews

"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." *Outside Magazine*

I wish you water.

I always knew there was something special about living on an island, surrounded by the calming sounds of lapping waves. This book explains it. Nichols writes that our brains are hardwired to react positively to water. He combines water science and neuroscience to show exactly that. He defines the "blue mind" as a mildly meditative state characterized by calm, peacefulness, unity, and a sense of general happiness and satisfaction with life. It is inspired by water and the sensations associated with it. "[W]ater provides the most profound shortcut to happiness out there." He explores our emotional ties to water, explains the technology of brain study, contemplates what happiness is and how it is evaluated, looks at the affect of the color blue and the other sensations of water. He explores the recreational use of water and the health benefits of water, including its therapeutic use for PTSD, drug addiction and autism. He explains the Red Mind and the Gray Mind and how enlightening Blue Mind is not a dry science book. Nichols includes lots of stories as examples of his thesis. Some of the findings are subjective and anecdotal and the stories help illustrate them. The application of Nichols' book is broad, all the way from health benefits to urban planning. He is also concerned about the future of water and ends his book with a reminder of our emotional attachment to it and the need to make sure it is there for the future. Now I know why there are aquariums in waiting rooms and why you should put a small one on your work desk. I know what it means if someone gives me a blue marble. I also now know the science behind why I love the water so much, especially the beaches of my island home. I received a complimentary galley of this book from the publisher for the purpose of an independent and honest review.

Wallace J. Nichols dives into the many benefits of including water in our lives and why we should care about our wild waters. This book goes beyond the economic and environmental aspects, and explores our social and emotional needs of water. As a water lover myself, it is exciting to finally find the words and the science that backs up and explains our fascination and desire to be near, on, in, or under water! I highly recommend this book!

nice read, a little drawn out but interesting water, mind, body, science relationship

Excellent book, nice easy reading style by the author, even though he is an accomplished scientist.

Good Book.

Nice read but a bit too repetitive and too many personal stories. Doesn't deal with some of the critical issues facing humanity until final chapter. The first chapter, however, is great with the Ecosphere comparison (price is out dated as I bought one recently for much less) to the earth. Less connected to diving and sailing than I had hoped. Still glad I bought it.

Still trying to get thru it!

I really want to like this book. I am an artist drawn to paint the ocean and looked forward to gaining a better understanding of my motivation. But the science is thin and author so verbose that I find myself speed reading, trying to find his point. Even his acknowledgements run to four pages! There are some nice quotes, but overall, a frustrating book.

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