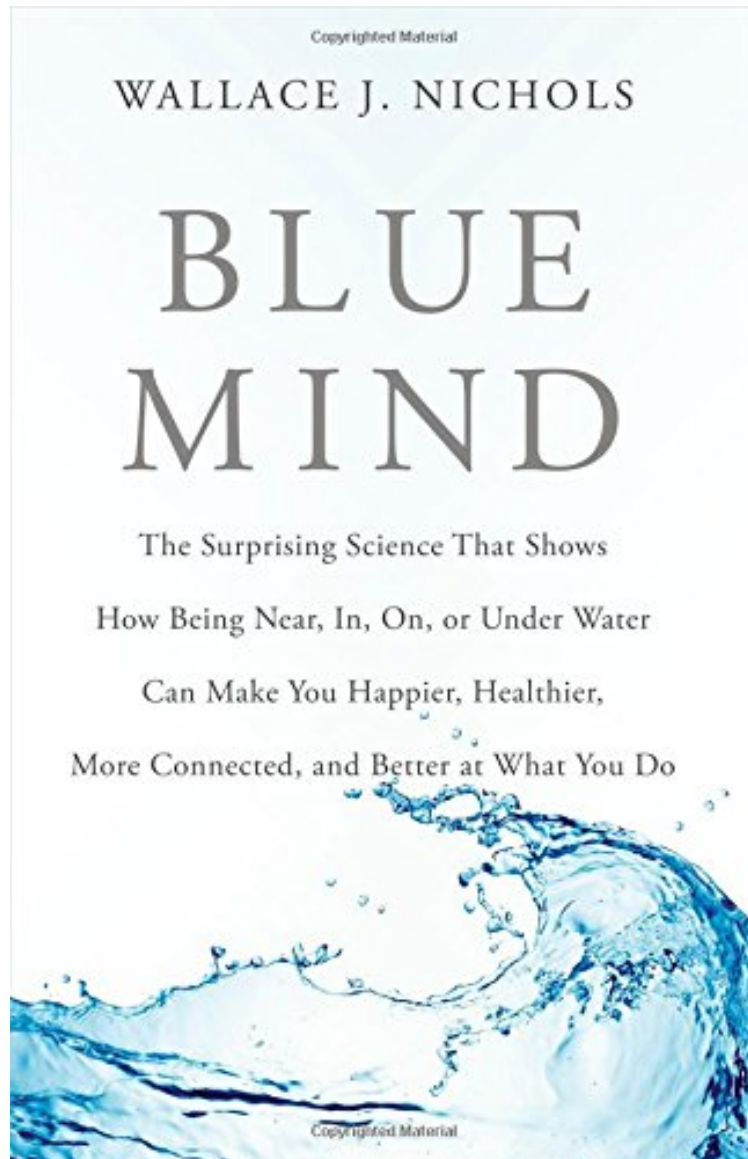


(Pdf free) Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do

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

**Download PDF | ePub | DOC | audiobook | ebooks*



[Download](#)

[Read Online](#)

#219799 in Books 2014-07-22 2014-07-22 Original language: English PDF # 1 9.63 x 1.25 x 6.50l, .0 #File Name: 0316252085352 pages | File size: 66.Mb

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 before purchasing it in order to

gauge whether or not it would be worth my time, and all praised *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*:

83 of 83 people found the following review helpful. Why the beach is so soothing
By Joan N. 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 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. 1 of 1 people found the following review helpful. Highly recommended!
By Karen Glosser 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!
1 of 1 people found the following review helpful. simple, but intersting, nothing heavy
By lovenice read, a little drawn out but intersting water, mind, body, science relationship

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.

"Blue Mind is deep down about human curiosity, knowing ourselves more. If J. weren't curious, we wouldn't be where we are now. The sea, once it casts its spell, does indeed hold us in its net of wonder forever. People do protect what they love. Why are these the two simple ideas we repeat so often? Because they're true." ---Celine Cousteau "...a fascinating study of the emotional, behavioral, psychological and physical connections that keep humans so enchanted with water." ---Washington Post "The soothing effect of water is both an ancient and intuitive concept, and by 'adding water' to your travels this curative effect is enhanced even further." ---Wanderlust "If we can figure out why the sea makes us happier, we can save it." ---Outside Magazine "In this profound study Nichols shares the many ways in which water positively impacts not just our lives, but also our minds. With many citations for the scientifically curious, and numerous anecdotes that entertain, *Blue Mind* will interest a broad audience, from fans of water sports to ecologists." ---Publisher's Weekly "Every conservation movement requires sound science and effective communication. Neuro-conservation skillfully utilizes the insight of neuroscience to accomplish both of these goals. Already, Nichols' work is sending ripples throughout the world." ---Bay Nature Magazine "Beyond the physical gains you'll make, there is also a burgeoning body of research that proves proximity to water can reduce stress and improve mood." ---Self Magazine "Using a combination of anecdotes and hard data, [Nichols] makes a persuasive case for water's healing power." ---Elle Magazine "If you're suffering from chronic stress and don't have the power to redesign your city nor the courage to take up skydiving, what can you do about it? Wallace J. Nichols recommends to go wherever you can find water." ---Current Biology "Nichols wants us to learn to see the ocean differently, and not just because it will make us happier, but because by reimagining it we become able to reimagine ourselves, and by extension our relationship with the world we inhabit." ---The Australian "A fascinating, fact-based report for aquaphiles and those at one with the tides." ---Kirkus "The implications of this premise are profound; they may revolutionize the way we teach conservation and ecology." ---OnEarth Magazine "VERDICT: It is impossible not to engage with Nichols as an author; his irrepressible sense of wonder and passion for his subject are simply

inspiring." ---Library Journal"Blue Mind examines how being in and around water affects our emotions and cognition." ---Spirituality Health Magazine"If simply being near water boosts happiness, being immersed in it may be even more powerful. The effect is akin to that of meditation..." ---Psychology TodayFrom the AuthorI wish you water. ---J.About the AuthorWallace "J." Nichols, Ph.D., is a research associate at the California Academy of Sciences and founder/co-director of OceanRevolution.org, SEEtheWILD.org, and LiVBLUE.org. His work has been published in more than 50 scientific publications and broadcast on NPR, BBC, PBS, National Geographic and Animal Planet and featured in Time, Newsweek, GQ, Outside, Fast Company, Scientific American, and New Scientist. He lives on California's SLOWCOAST with his partner Dana and two daughters.