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HOW WATER MAKES YOU HAPPIER,  
MORE CONNECTED AND BETTER  
AT WHAT YOU DO



WALLACE J NICHOLS  
FOREWORD BY CELINE COUSTEAU

Little, Brown Book Group. Hardback. Book Condition: new. BRAND NEW, Blue Mind: How Water Makes You Happier, More Connected and Better at What You Do, Wallace J. Nichols, 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. Grounded in...

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- Authored by Wallace J. Nichols
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