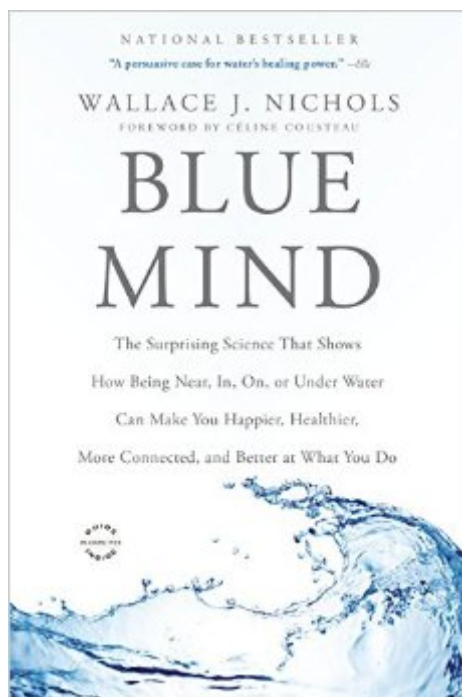


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# Blue Mind: The Surprising Science That Shows How Being Near, In, On, Or Under Water Can Make You Happier, Healthier, More Connected, And Better At What You Do



## 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

Paperback: 368 pages

Publisher: Back Bay Books; Reprint edition (July 21, 2015)

Language: English

ISBN-10: 0316252115

ISBN-13: 978-0316252119

Product Dimensions: 5.5 x 1 x 8.2 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (157 customer reviews)

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## Customer Reviews

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 â€” 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.

And so I got all formats: Kindle. Audible. Hardback. The science is cutting edge. You will learn some things you've always known on a gut level, but you'll learn the science behind them. You'll learn much you don't know and you need to pay close attention if you are struggling with a health crisis of some sort. Everything Dr. Nichols discusses... you want to ask: How can I apply this cutting edge knowledge to what I am facing in my own life? Or to what I see loved ones facing? Dr. Nichols connects many dots in this field of exploding scientific progress and discovery but you will need to complete what this book can do for you personally... as a healing masterpiece. My background is medical so healing is major in my world. I believe this book has so much to offer and I encourage you to share what you learn... knowledge, insights... with others you know and care about. Expect to be intrigued. Expect to be fascinated. Expect to be surprised. Expect to find this to be a transformative book of enormous power.

I live in Jamaica on the beach in the summer and spend a lot of time in southern California in the winter, near the ocean. I have always had a hard time articulating why I find those locales so relaxing and invigorating at the same time. I seem to be happiest when I am in the warm ocean water off Jamaica, swimming out a couple of hundred yards to get away from the beach noise. Staring at the clouds, watching the world walk down the beach. Guess what. Now, for all those people that ask me about my love of the ocean and its impact on my mind -- I have a book for them to read.

I was really looking forward to reading this book and paid full price to get it to take with me on a vacation -- to the beach. Unfortunately, I feel very disappointed. It's not the science that bothered

me -- I'm kind of geeky and I was looking forward to enjoying the science beneath my own love for being near water. But the truth is that there is not all that much science directly related to love for water, so the author stretches out his argument to include too much boring detail about the science behind fMRIs and brain imaging in general, the science of happiness in general, etc, etc. I have read other books on the science of happiness (e.g. a good "lay" book would be "The Happiness Project") so this was not new for me and therefore not what I was looking for. His dilemma may be that there's not that much specific research relating to love of water? He tries to make up for this by throwing in some lovely quotes of poetry or brief snatches of biographies relating to water, but after awhile, this solution wears thin. It would have far been better for him to "fatten up" the book with more of people's own stories of how being near or in water had inspired or healed them. That would have held my interest and made the book seem less dry. I also thought there was a bias toward extraverts (perhaps because the author himself surfs and scuba dives) and less attention to introverts (people who seek the sea for contemplation, poets, painters, etc.). The author's genuine love for and concern for our oceans and seas does shine through, but in all, even though I was so intrigued by the concept of the book, I ended up disappointed enough at its execution that I regret having spent full price for the hardback copy.

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