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



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 cutting-edge studies in neurobiology, cognitive psychology, economics, and medicine, and made real by stories of innovative scientists, doctors, athletes, artists, environmentalists, businesspeople and lovers of nature - stories that fascinate the mind and touch the heart - *Blue Mind* will awaken readers to the vital importance of water to the health and happiness of us all.

WALLACE J NICHOLS  
FOREWORD BY CELINE COUSTEAU

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<b>Forfatter</b>	:	Wallace J. Nichols
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