



52 Small Changes for the Mind: Improve Memory * Minimize Stress * Increase Productivity * Boost Happiness

By Brett Blumenthal

Audible Studios on Brilliance, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. While information on improving the health of our bodies is easy to find, it is a little more difficult to know how best to support and improve our mental well-being. Fortunately, wellness expert Brett Blumenthal has developed a 52-week program of simple lifestyle changes for a healthier, happier mind. By the end of the year you will be able to manage stress, improve productivity, remember more, ward off disease and aging, and feel increasingly content and fulfilled. Backed by research from leading experts in a variety of fields and full of helpful charts, worksheets, and thoughtful prompts, 52 Small Changes for the Mind is a road map to your best life--and proves that the journey can be as rewarding as the destination. It's one year to a better you!.



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Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publications I have read. Your life period will probably be enhanced the instant you start looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication I actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. It has been written in an exceptionally simple way in fact it is just right after I finished reading this ebook where it actually transformed me, altered the way I really believe.

-- Dr. Celestino Spinka III