



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's 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!.



READ ONLINE
[3.63 MB]

Reviews

Great eBook and useful one. it was actually written really completely and useful. You are going to like the way the article writer publish this publication.
-- Prof. Ernestine Emard

An exceptional ebook along with the typeface utilized was fascinating to read through. I am quite late in start reading this one, but better then never. You are going to like the way the blogger write this publication.
-- Judd Schulist