

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

By Brett Blumenthal

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Small changes work. In this practical book, wellness expert Brett Blumenthal reveals how to hone in on the mind as the foundation of overall health and well-being. She presents one small, achievable change every week—from developing music appreciation to eating brain-boosting foods, practicing mono-tasking, incorporating play, and more. The accumulation of these lifestyle changes ultimately leads to improved memory, less stress, increased productivity, and sustained happiness. Backed by research from leading experts and full of helpful charts and worksheets, *52 Small Changes for the Mind* provides a road map to a better life—and proves that the journey can be as rewarding as the destination.

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Editorial Review

About the Author

Brett Blumenthal is a bestselling author and certified wellness expert. She lives in Cambridge, Massachusetts.

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This book untitled 52 Small Changes for the Mind: Improve Memory * Minimize Stress * Increase Productivity * Boost Happiness to be one of several books which best seller in this year, this is because when you read this publication you can get a lot of benefit onto it. You will easily to buy this specific book in the book retail store or you can order it by means of online. The publisher with this book sells the e-book too. It makes you easier to read this book, since you can read this book in your Touch screen phone. So there is no reason to you personally to past this e-book from your list.

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