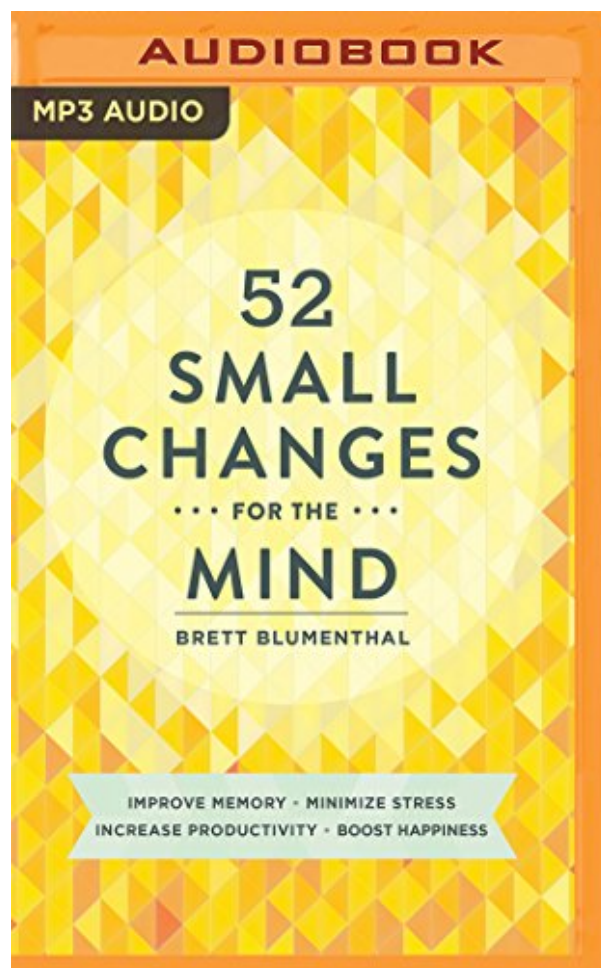
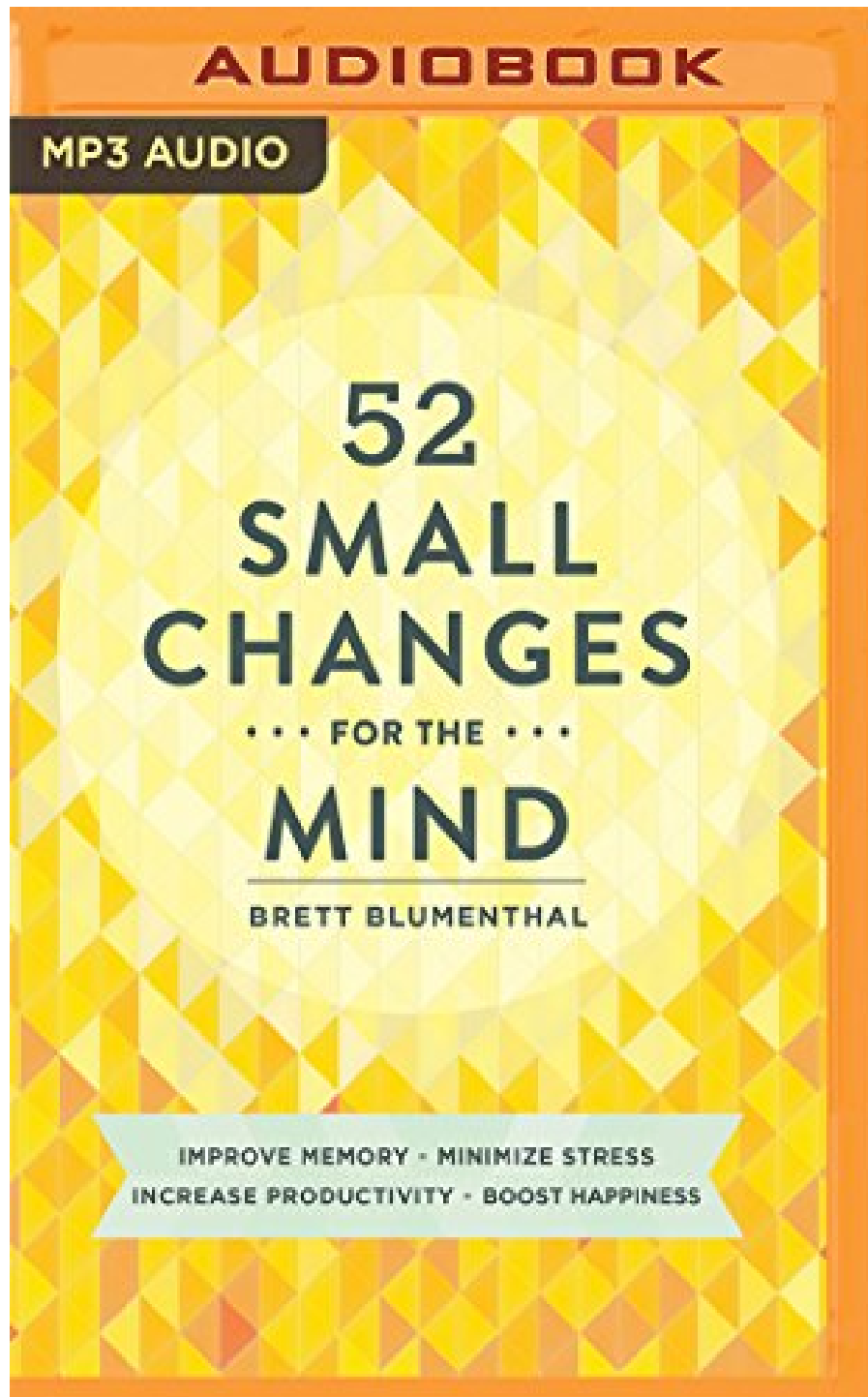


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While information on improving the health of our bodies is easy to find, it's a little more difficult to know how best to support and improve our mental well-being. Fortunately, wellness expert Brett Blumenthal has developed a 52-week program of simple 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!

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- Binding: MP3 CD

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46 of 48 people found the following review helpful.

This book is a true gem!

By maurice jones

Brett Blumenthal has done it again! "52 Small Changes for the Mind" is truly a gem. If you're looking for an aid to help you jump start change and gradually implement those changes one week at a time, then this is the book for you. I love that the book takes a holistic and integrated approach to helping the reader implement change. It covers the following four areas to help you achieve mental well-being:

-Stress Management

-Concentration and Productivity

-Memory and Anti-aging

-Happiness and Fulfillment

Implementing one change per week is far less daunting than trying to take on multiple changes at once, and this book provides you with the road map and tools to nourish your mind. This time of year the focus is usually on becoming more fit and eating healthier, which are both important; however, it is equally important to nurture the mind, which leads to overall wellness. I highly recommend this book to anyone looking to take better care of themselves holistically.

8 of 8 people found the following review helpful.

Excellent book.

By A. R.

Amazing book. Great for thinking outside the box. Great ideas for mental health and well-being.

6 of 6 people found the following review helpful.

This book is great. It reminds you to take small steps in ...

By s. b.

This book is great. It reminds you to take small steps in life, which is easy for a person to do sometimes. I guess with small steps you will achieve big success.

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