

Blue Mind The Surprising Science That Shows How Being Near In On Or Under Water Can Make You Happier Healthier More Connected And Better At What You Do

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SOLIS BELTRAN

Make It Stick Vintage

A criminologist who specializes in the neurological and biosocial bases of antisocial and violent behavior explains how impairments to areas of the brain that control fear, decision-making, and empathy can increase the likelihood of criminal activity.

The Kallikak Family Hay House, Inc

The New York Times Bestseller What if everything you think you know about addiction is wrong? Johann Hari's journey into the heart of the war on drugs led him to ask this question--and to write the book that gave rise to his viral TED talk, viewed more than 62 million times, and inspired the feature film The United States vs. Billie Holiday and the documentary series The Fix. One of Johann Hari's earliest memories is of trying to wake up one of his relatives and not being able to. As he grew older, he realized he had addiction in his family. Confused, not knowing what to do, he set out and traveled over 30,000 miles over three years to discover what really causes addiction--and what really solves it. He uncovered a range of

remarkable human stories--of how the war on drugs began with Billie Holiday, the great jazz singer, being stalked and killed by a racist policeman; of the scientist who discovered the surprising key to addiction; and of the countries that ended their own war on drugs--with extraordinary results. Chasing the Scream is the story of a life-changing journey that transformed the addiction debate internationally--and showed the world that the opposite of addiction is connection.

The Surprising Science of the Mind at Rest Houghton Mifflin Harcourt

In this lively journey through human psychology, bestselling author and creator of the You Are Not So Smart podcast David McRaney investigates how minds change—and how to change minds. What made a prominent conspiracy-theorist YouTuber finally see that 9/11 was not a hoax? How do voter opinions shift from neutral to resolute? Can widespread social change only take place when a generation dies out? From one of our greatest thinkers on reasoning, HOW MINDS CHANGE is a book about the science, and the experience, of transformation. When self-delusion expert and psychology nerd David McRaney began a book about how to change someone's mind in one conversation, he never expected to change his own. But then a diehard 9/11 Truther's conversion blew up his theories—inspiring him to ask not just how to persuade, but why we believe, from the eye of the beholder. Delving into the latest research of psychologists and neuroscientists, HOW MINDS CHANGE explores the limits of reasoning, the power of groupthink, and the effects of deep canvassing. Told with McRaney's trademark sense of humor, compassion, and scientific curiosity, it's an eye-

opening journey among cult members, conspiracy theorists, and political activists, from Westboro Baptist Church picketers to LGBTQ campaigners in California—that ultimately challenges us to question our own motives and beliefs. In an age of dangerous conspiratorial thinking, can we rise to the occasion with empathy? An expansive, big-hearted journalistic narrative, *HOW MINDS CHANGE* reaches surprising and thought-provoking conclusions, to demonstrate the rare but transformative circumstances under which minds can change.

[How Surfing Changes the Lives of Children with Autism](#) Simon and Schuster

In recent years neuroscientists have uncovered the countless ways our brain trips us up in day-to-day life, from its propensity toward irrational thought to how our intuitions deceive us. The latest research on sleep, however, points in the opposite direction. Where old wives tales have long advised to "sleep on a problem," today scientists are discovering the truth behind these folk sayings, and how the busy brain radically improves our minds through sleep and dreams. In *The Secret World of Sleep*, neuroscientist Penny Lewis explores the latest research into the nighttime brain to understand the real benefits of sleep. She shows how, while our body rests, the brain practices tasks it learned during the day, replays traumatic events to mollify them, and forges connections between distant concepts. By understanding the roles that the nocturnal brain plays in our waking life, we can improve the relationship between the two, and even boost creativity and become smarter. This is a fascinating exploration of one of the most surprising corners of neuroscience that shows how science may be able to harness the power of sleep to improve learning, health, and more.

The Grieving Brain Little, Brown Spark

Ten-year-old Albie has never been the smartest, tallest, most athletic, greatest artist, or most musical in his class, as his parents keep reminding him, but new nanny Calista helps him uncover his strengths and take pride in himself. Simultaneous eBook.

•*Heart* •*Body* •*Soul* St. Martin's Press

In this stunning book, intuition and instinct meet modern science as the therapeutic benefits of being in, on or by the sea are explained and explored, and how, if we look after the oceans they will, in turn, look after us. There is something about the vastness of the oceans, which are significantly larger than the continents combined, that has drawn humans in a significant way since the beginning of coastal communities. Throughout history, people have gravitated to live near the sea, it is part of the survival instinct. Water also has huge cultural and spiritual significance for people through the ages and for centuries we looked to the sand and surf as a fully-stocked medicine cabinet. Despite the widespread intuitive feeling that being by the water makes us happier and healthier, there hasn't been much scientific evidence to quantify this connection. Until now. Environmental psychology is the study of how the natural environment makes us feel, think and behave, and scientists in this area are discovering the tangible benefits of breathing in the fresh sea air. Reasons to spend time by the sea: 1. Just looking at the sea can promote reductions in heart rate and improvements in mood. 2. The negative ions in sea air accelerate your ability to absorb oxygen, and balance your serotonin levels. 3. The bracing climate is especially beneficial to the respiratory organs and the skin, and also improves circulation and strengthens the body's defences. 4. Spending time by the sea promotes better mental health. 5. When you are by the sea you are more likely to exercise.

The Light Ages: The Surprising Story of Medieval Science Hachette UK

A "must-read" (The Washington Post) funny and practical guide to help you find, build, and keep the relationship of your dreams. Have you ever looked around and wondered, "Why has everyone found love except me?" You're not the only one. Great relationships don't just appear in our lives—they're the culmination of a series of decisions, including whom to date, how to end it with the wrong person, and when to commit to the right one. But our brains often get in the way. We make poor decisions, which thwart us on our quest to find lasting love. Drawing from years of research, behavioral scientist turned dating coach Logan Ury reveals the hidden forces that cause those mistakes. But awareness on its own doesn't lead to results. You have to actually change your behavior. Ury shows you how. This "simple-to-use guide" (Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone*) focuses on a different decision in each chapter, incorporating insights from behavioral science, original research, and real-life stories. You'll learn: -What's holding you back in dating (and how to break the pattern) -What really matters in a long-term partner (and what really doesn't) -How to overcome the perils of online dating (and make the apps work for you) -How to meet more people in real life (while doing activities you love) -How to make dates fun again (so they stop feeling like job interviews) -Why "the spark" is a myth (but you'll find love anyway) This "data-driven" (Time), step-by-step guide to relationships, complete with hands-on exercises, is designed to transform your life. How to Not Die Alone will help you find, build, and keep the relationship of your dreams.

[Connectome](#) Scientific American / Farrar, Straus and Giroux

How to eat for maximum brainpower and health, from an expert in both neuroscience and nutrition. "Powerful advice on how to eat for maximum brainpower." --Mark Hyman, MD, New York Times--bestselling author of *Eat Fat, Get Thin* In this eye-opening book, Dr. Lisa Mosconi, a neuroscientist and integrative nutritionist, explains why the dietary needs of the brain are different from those of other organs. Her innovative approach to cognitive health encompasses a complete food plan, including comprehensive lists of what to eat and what to avoid as well as information to help you determine where you are on the brain-health spectrum. Brain Food can help improve memory, prevent cognitive decline, eliminate brain fog, and lift depression. "Incredible." --Maria Shriver "This fascinating book not only reveals the science behind neuro-nutrition, it shows us what we could be eating for maximum brain power." --Sara Gottfried, MD, New York Times--bestselling author of *Younger*, *The Hormone Reset Diet*, and *The Hormone Cure* "An empowering resource for anyone who wants to take their brain health into their own hands (and spoons and forks)." --Kelly McGonigal, PhD, author of *The Willpower Instinct*, *The Upside of Stress*, and *The Joy of Movement*

Liferider Puffin Books

"Stand up, up, UP!" is the mantra of Surfers for Autism, an organization that runs surf events for children with autism, providing the opportunity to not only catch waves, but to become part of a supportive surfing community. It is also a message to all those struggling with autism: a message to stand up, no matter how hard it gets. *Waves of Healing* collects the stories of a group of everyday families who discovered Surfers for Autism in their search for hope, answers, and healing for their children with autism. These are stories about the struggles children with autism face—the struggle to stand on a surfboard, the struggle to communicate, the struggle to make progress in a world which accepts "normal" and rejects all else. But they're also stories of breakthroughs, of authentic joy and unbridled excitement as they learn to see their world from a whole new perspective—standing tall atop

a surfboard, riding a wave all their own. Exploring new avenues of therapy for those with autism, with therapeutic and extraordinary results, *Waves of Healing* is a snapshot of hope, courage, and human perseverance.

Infectious Madness Public Affairs

Discusses the best methods of learning, describing how rereading and rote repetition are counterproductive and how such techniques as self-testing, spaced retrieval, and finding additional layers of information in new material can enhance learning.

The Surprising Science of Belief, Opinion, and Persuasion HMH

An authoritative and readable introduction to the Sun, our nearest star, from two experienced astronomers, for general science readers.

[The New Science of How We Walk and Why It's Good for Us](#) Penguin

"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

[The First 20 Minutes](#) Hatherleigh Press

A renowned grief expert and neuroscientist shares groundbreaking discoveries about what happens in our brain when we grieve, providing a new paradigm for understanding love, loss, and learning. For as long as humans have existed, we have struggled when a loved one dies. Poets and playwrights have written about the dark cloak of grief, the deep yearning, how devastating heartache feels. But until now, we have had little scientific perspective on this universal experience. In *The Grieving Brain*, neuroscientist and psychologist Mary-Frances O'Connor, PhD, gives us a fascinating new window into one of the hallmark experiences of being human. O'Connor has devoted decades to researching the effects of grief on the brain, and in this book, she makes cutting-edge neuroscience accessible through her contagious enthusiasm, and guides us through how we encode love and grief. With love, our neurons help us form attachments to others; but, with loss, our brain must come to terms with where our loved ones went, or how to imagine a future that encompasses their absence. Based on O'Connor's own trailblazing neuroimaging work, research in the field, and her real-life stories, *The Grieving Brain* does what the best popular science books do, combining storytelling, accessible science, and practical knowledge that will help us better understand what happens when we grieve and how to navigate loss with more ease and grace.

Chasing the Scream Rodale Books

Edited by Rebecca Skloot, award-winning science writer and New York Times bestselling author of *The Immortal Life of Henrietta Lacks*, and her father, Floyd Skloot, an award-winning poet and writer, and past contributor to the series, *The Best American Science Writing 2011* collects into one volume the most crucial, thought-provoking, and engaging science writing of the year. Culled from a wide variety of publications, these selections of outstanding journalism cover the full spectrum of scientific inquiry, providing a comprehensive overview of the most compelling, relevant, and exciting developments in the world of science. Provocative and engaging, *The Best American Science Writing 2011* reveals just how far science has brought us—and where it is headed next.

The Biological Roots of Crime Simon and Schuster

Explores the nature and appeal of swimming, from the history of the strokes to aspects of modern Olympic competition, as well as the author's personal experiences and milestones in the sport.

[How the World's Greatest Investors Win in Markets and Life](#) Penguin

Blue Mind paints a fascinating picture of our relationship to the planet's most omnipresent resource - 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.

The Anatomy of Violence Blue Mind *The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do*

Named a Best Book of 2020 by The Telegraph, The Times, and BBC History Magazine An illuminating guide to the scientific and technological achievements of the Middle Ages through the life of a crusading astronomer-monk. "Falk's bubbling curiosity and strong sense of storytelling always swept me along. By the end, *The Light Ages* didn't just broaden my conception of science; even as I scrolled away on my Kindle, it felt like I was sitting alongside Westwyk at St. Albans abbey, leafing through dusty manuscripts by candlelight." —Alex Orlando, *Discover* Soaring Gothic cathedrals, violent crusades, the Black Death: these are the dramatic forces that shaped the medieval era. But the so-called Dark Ages also gave us the first universities, eyeglasses, and mechanical clocks. As medieval thinkers sought to understand the world around them, from the passing of the seasons to the stars in the sky, they came to develop a vibrant scientific culture. In *The Light Ages*, Cambridge science historian Seb Falk takes us on a tour of medieval science through the eyes of one fourteenth-century monk, John of Westwyk. Born in a rural manor, educated in England's grandest monastery, and then exiled to a cliff-top priory, Westwyk was an intrepid crusader, inventor, and astrologer. From multiplying Roman numerals to navigating by the stars, curing disease, and telling time with an ancient astrolabe, we learn emerging science alongside Westwyk and travel with him through the length and breadth of England and beyond its shores. On our way, we encounter a remarkable cast of characters: the clock-building English abbot with leprosy, the French craftsman-turned-spy, and the Persian polymath who founded the world's most advanced observatory. *The Light Ages* offers a gripping story of the struggles and successes of an ordinary man in a precarious world and conjures a vivid picture of medieval life as we have never seen it before. An enlightening history that argues that these times weren't so dark after all, *The Light Ages* shows how medieval ideas continue to color how we see the world today.

Why Right-Brainers Will Rule the Future Scribe Publications

A landmark book by marine biologist Wallace J. Nichols on the remarkable effects of water on our health and well-being. 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. Combining cutting-edge

neuroscience with compelling personal stories from top athletes, leading scientists, military veterans, and gifted artists, he shows how proximity to water can improve performance, increase calm, diminish anxiety, and increase professional success. BLUE MIND not only illustrates the crucial importance of our connection to water-it provides a paradigm shifting "blueprint" for a better life on this Blue Marble we call home.

Nearest Star HarperCollins

A NEW YORK TIMES BESTSELLER An essential exploration of women's sexuality that will radically transform your sex life into one filled with confidence and joy. After all the books that have been written about sex, all the blogs and TV shows and radio Q&As, how can it be that we all still have so many questions? The frustrating reality is that we've been lied to — not deliberately, it's no one's fault, but still. We were told the wrong story. Come as You Are reveals the true story behind female sexuality, uncovering the little-known science of what makes us tick and, more importantly, how and why. Sex educator Dr Emily Nagoski debunks the common sexual myths that are making women (and some men!) feel inadequate between the sheets. Underlying almost all of the questions we still have about sex is the common worry: 'Am I normal?' This book answers with a resounding Yes! We are all different, but we are all normal — and once we learn this, we can create for ourselves better sex and more profound pleasure than we ever

thought possible. PRAISE FOR EMILY NAGOSKI 'As a literary work, Nagoski's book deserves plaudits for the rare achievement of merging pop science and the sexual self-help genre in prose that's not insufferably twee ... "You are normal!" doesn't sound much like a battlecry, but in a world keen to sexually homogenise women from the gap of their thighs to the shape of their mons pubis, the sentiment lands like a bomb.' The Guardian 'Come As You Are screams female empowerment loud and proud.' The Independent

The Surprising Science of How Buildings Shape Our Behavior, Health, and Happiness Bloomsbury Publishing USA

New York Times Bestseller An exciting--and encouraging--exploration of creativity from the author of When: The Scientific Secrets of Perfect Timing The future belongs to a different kind of person with a different kind of mind: artists, inventors, storytellers-creative and holistic "right-brain" thinkers whose abilities mark the fault line between who gets ahead and who doesn't. Drawing on research from around the world, Pink (author of To Sell Is Human: The Surprising Truth About Motivating Others) outlines the six fundamentally human abilities that are absolute essentials for professional success and personal fulfillment--and reveals how to master them. A Whole New Mind takes readers to a daring new place, and a provocative and necessary new way of thinking about a future that's already here.