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52 Small Changes for the Mind: Improve Memory - Minimize Stress - Increase Productivity - Boost Happiness (Hörbuch-Download): Amazon.de: Brett Blumenthal, Audible Studios: Audible Audiobooks

52 Small Changes for the Mind: Improve Memory \* Minimize Stress \* Increase Productivity \* Boost Happiness by Brett Blumenthal (2015-12-08) | Brett Blumenthal | ISBN: | Kostenloser Versand für alle Bücher mit Versand und Verkauf durch Amazon.

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

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52 Small Changes for the Mind: Improve Memory \* Minimize Stress \* Increase Productivity \* Boost Happiness [Brett Blumenthal] on . \*FREE\* shipping on qualifying offers. 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 ...

52 Small Changes for the Mind is for everyone. Unless of course you are that someone who doesn't struggle with stress, productivity, remembering things, or happiness levels. Unless of course you are that someone who doesn't struggle with stress, productivity, remembering things, or happiness levels.

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52 Small Changes for the Mind uses the approach of making small changes over the course of a year and applies it specifically to improving mental well-being. As with my first book, the changes prescribed are comprehensive, addressing multiple areas instrumental in achieving optimal mental health: stress management, concentration and productivity, memory and anti-aging, and of course, overall ...

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