



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

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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Spent a free time to be fun activity to complete! A lot of people spent their leisure time with their family, or their friends. Usually they accomplishing activity like watching television, planning to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Will you something different to fill your current free time/ holiday? May be reading a book might be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to try look for book, may be the publication untitled 52 Small Changes for the Mind: Improve Memory * Minimize Stress * Increase Productivity * Boost Happiness can be great book to read. May be it may be best activity to you.

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