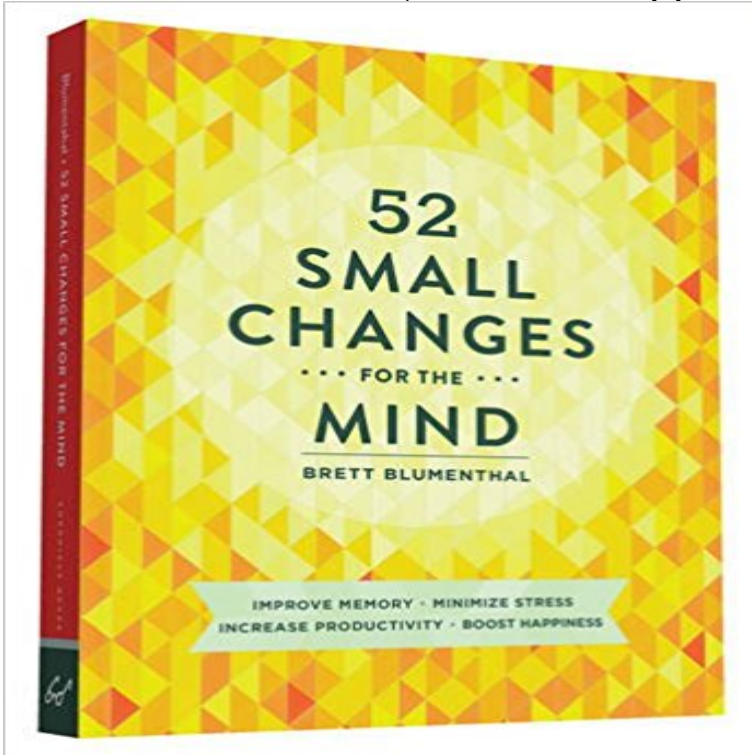


## 52 Small Changes for the Mind: Improve Memory \* Minimize Stress \* Increase Productivity \* Boost Happiness



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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Increase Productivity \* Boost Happiness. Brett Blumenthal's 52 Small Changes for the Mind: Improve Memory \* Minimize Stress is a powerful guide to enhancing your mental well-being. This book offers 52 practical, small changes that can be implemented daily to improve memory, reduce stress, increase productivity, and boost happiness. The book is available in various formats, including eBook, Kindle, and PDF, and can be purchased from various online retailers. The book is highly rated and has a large following, with many readers reporting significant improvements in their mental health and overall quality of life. The book is a must-read for anyone looking to take control of their mind and improve their daily life.

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