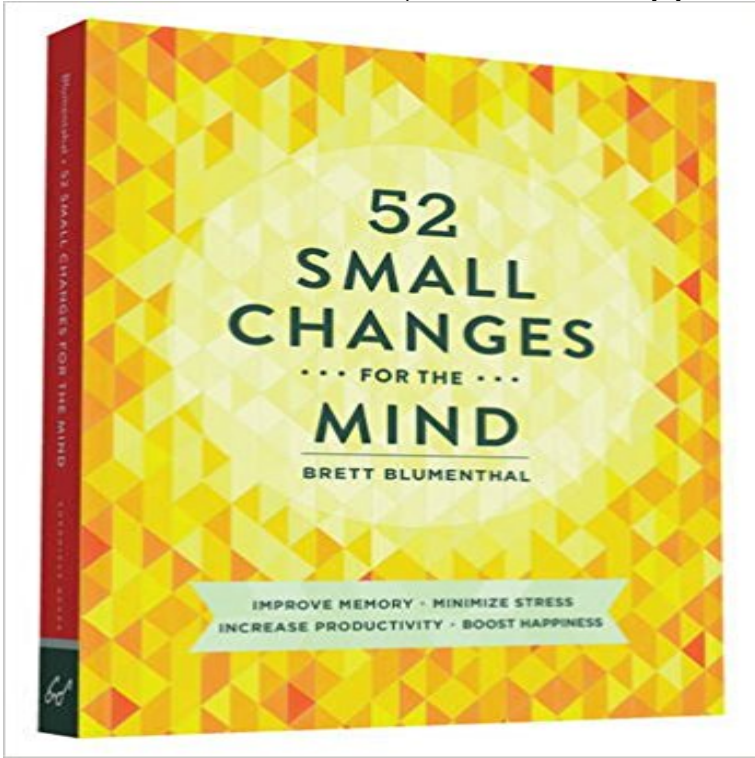


52 Small Changes for the Mind: Improve Memory * Minimize Stress * Increase Productivity * Boost Happiness



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, available in various formats including eBook, Kindle, and PDF, offers 52 practical strategies to improve your memory, reduce stress, increase productivity, and boost happiness. The book is highly rated, with numerous reviews and a significant number of likes, indicating its effectiveness and popularity. It is available for purchase on Amazon, Booktopia, and other online retailers. The book is also available as an audio book (CD) and a paperback. The author, Brett Blumenthal, is a well-known expert in the field of mental health and productivity. The book is a must-read for anyone looking to improve their mental well-being and achieve their goals. The book is available for purchase on Amazon, Booktopia, and other online retailers. The book is also available as an audio book (CD) and a paperback. The author, Brett Blumenthal, is a well-known expert in the field of mental health and productivity. The book is a must-read for anyone looking to improve their mental well-being and achieve their goals.

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