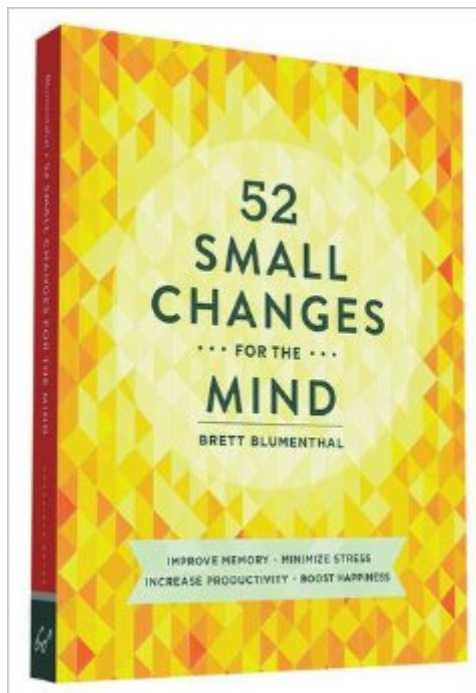


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# **52 Small Changes For The Mind: Improve Memory \* Minimize Stress \* Increase Productivity \* Boost Happiness**



## Synopsis

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 weekâ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 lifeâand proves that the journey can be as rewarding as the destination.

## Book Information

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Average Customer Review: 4.8 out of 5 starsÂÂ See all reviewsÂ (17 customer reviews)

Best Sellers Rank: #30,166 in Books (See Top 100 in Books) #32 inÂ Books > Self-Help > Memory Improvement #153 inÂ Books > Self-Help > Stress Management #377 inÂ Books > Health, Fitness & Dieting > Mental Health > Happiness

## Customer Reviews

Brett Blumenthal has done it again! "52 Small Changes for the Mind" is truly a gem. If you're looking for an aid to help you jump start change and gradually implement those changes one week at a time, then this is the book for you. I love that the book takes a holistic and integrated approach to helping the reader implement change. It covers the following four areas to help you achieve mental well-being:-Stress Management-Concentration and Productivity-Memory and Anti-aging-Happiness and FulfillmentImplementing one change per week is far less daunting than trying to take on multiple changes at once, and this book provides you with the road map and tools to nourish your mind. This time of year the focus is usually on becoming more fit and eating healthier, which are both important; however, it is equally important to nurture the mind, which leads to overall wellness. I highly recommend this book to anyone looking to take better care of themselves holistically.

Brett takes her years of experience helping inspire and organize the endeavor to live healthier in our bodies, and helps us do the same with our minds. Of course, as Brett well knows, the mind is very much connected to our bodies, and an effort at balancing one, balances the other. I've long admired her ability to take such a broad area and such ambitious goals and make them bite-size, doable, enticing. This isn't just a book of tips--it's an approach to living. I see the criticisms of this book falling into two camps: One is the "it's for beginners, but not me since I'm so advanced," and two, "It's too ambitious and no one could really do this." Wrong, and wrong. You absolutely can follow and adhere to this, and no one is ever "done" doing them. Wellness takes ongoing tweaks and sometimes major overhauls. Anyone who thinks they can't do this or don't need to must look no further than themselves for why they feel stuck elsewhere in their lives. This is about as solid a guide as you'll find to make real changes, and if you do half of them, you'll be better off than where you are now.

Most self-help books are fairly general, particularly when the author is addressing anyone instead of a targeted audience. *52 Small Changes for the Mind* by Brett Blumenthal suffers a bit from the one-change-fits-all approach, but still offers plenty of ideas and resources for those looking to make mindful changes in their lives for the first time. I would not recommend following this book as the weekly guided program it was intended to be. Not all of the changes are small (*Be a Guru*) and some will be costly (*Get Out of Town*). While I appreciate many people will like the *Get a Rubdown* change, those of us who are disabled, suffer from chronic pain or simply not comfortable with being touched by strangers would absolutely not benefit from it. Any changes in regard to diet should be first discussed with your physician before implementation; some may cause problems with certain medications or conditions. This book is well-written, and has much to offer the mindful-living novice, but it probably should have been formatted as a resource reference versus a program guide. If there is a person out there who can actually make and maintain all these changes in 52 weeks? I bow to you in advance.

I've seen these spiritually tinged self-help books from the editorial side and the consumer side through the years, and while it's easy to dismiss the "X steps to feeling good" formula as passé, I don't think I've come across such a sound and diverse collection of life advice in one place before. As with other Chronicle books, it's browsable and attractively packaged, and it offers just the right amount of depth for readers to contemplate making lasting changes. Like other reviewers here, I'm

less sure about the change-a-week format -- some of these are lifelong pursuits (for example, "Be a Lifelong Learner") that should be cultivated more purposefully and gradually and are by no means small. But there's no harm in having a reference source for reminders of what's important in life, whenever you choose to commit to them, and in the meantime it's a pleasant, inspiring read.

This is a fantastic book that reminds you of really important things that you can implement into your life easily step by step week by week to feel happier and more satisfied. Some changes are more complex some are pretty easy like smile more or drink more tea. I really love it! I like the layout it is not overwhelming it is great.

I originally checked this book out from the library and fell in love with the concept but knew I would need it for the longer that 2 weeks that the Library lets you keep - thus I came to and found it reasonably priced and it shipped very quickly. Very happy with my purchase the hopes of the next 52 weeks!

Most of the small changes suggested by the author are easy and simple enough that anyone who seriously needed to free up their time can do it; its true that what one thinks affects how one feels inside. By being more organized and true to one's self the mind gets healthier, relaxed, and able to enjoy life more.

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