



# **Brain Rules (Updated and Expanded): 12 Principles for Surviving and Thriving at Work, Home, and School**

*John Medina*

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Most of us have no idea what's really going on inside our heads. Yet brain scientists have uncovered details every business leader, parent, and teacher should know—like the need for physical activity to get your brain working its best.

How do we learn? What exactly do sleep and stress do to our brains? Why is multi-tasking a myth? Why is it so easy to forget—and so important to repeat new knowledge? Is it true that men and women have different brains?

In *Brain Rules*, Dr. John Medina, a molecular biologist, shares his lifelong interest in how the brain sciences might influence the way we teach our children and the way we work. In each chapter, he describes a brain rule—what scientists know for sure about how our brains work—and then offers transformative ideas for our daily lives.

Medina's fascinating stories and infectious sense of humor breathe life into brain science. You'll learn why Michael Jordan was no good at baseball. You'll peer over a surgeon's shoulder as he proves that most of us have a Jennifer Aniston neuron. You'll meet a boy who has an amazing memory for music but can't tie his own shoes.

### **You will discover how:**

Every brain is wired differently

Exercise improves cognition

We are designed to never stop learning and exploring

Memories are volatile

Sleep is powerfully linked with the ability to learn

Vision trumps all of the other senses

Stress changes the way we learn

In the end, you'll understand how your brain really works—and how to get the most out of it.



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This Brain Rules (Updated and Expanded): 12 Principles for Surviving and Thriving at Work, Home, and School book is just not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book is actually information inside this book incredible fresh, you will get information which is getting deeper you actually read a lot of information you will get. This particular Brain Rules (Updated and Expanded): 12 Principles for Surviving and Thriving at Work, Home, and School without we understand teach the one who reading through it become critical in considering and analyzing. Don't always be worry Brain Rules (Updated and Expanded): 12 Principles for Surviving and Thriving at Work, Home, and School can bring once you are and not make your bag space or bookshelves' grow to be full because you can have it in your lovely laptop even phone. This Brain Rules (Updated and Expanded): 12 Principles for Surviving and Thriving at Work, Home, and School having fine arrangement in word as well as layout, so you will not sense uninterested in reading.

#### **Katherine Wilcoxon:**

Playing with family in a park, coming to see the ocean world or hanging out with buddies is thing that usually you could have done when you have spare time, in that case why you don't try point that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Brain Rules (Updated and Expanded): 12 Principles for Surviving and Thriving at Work, Home, and School, you can enjoy both. It is fine combination right, you still want to miss it? What kind of hang-out type is it? Oh can happen its mind hangout men. What? Still don't get it, oh come on its identified as reading friends.

#### **Ettie Hardcastle:**

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#### **Virginia Comer:**

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