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Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School (Book & DVD)

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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A lot of people always spent their particular free time to vacation as well as go to the outside with them loved ones or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you want to try to find a new activity this is look different you can read the book. It is really fun for you personally. If you enjoy the book which you read you can spent 24 hours a day to reading a book. The book Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School (Book & DVD) it is rather good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. Should you did not have enough space to develop this book you can buy the e-book. You can m0ore quickly to read this book through your smart phone. The price is not very costly but this book possesses high quality.

Susannah Williams:

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