



Brain Rules 12 Principles for Surviving and Thriving at Work, Home, and School

By John Medina

Pear Press. No binding. Book Condition: New. Audio CD. 6 pages. Dimensions: 7.4in. x 5.3in. x 1.3in. 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. Medinas fascinating stories and infectious sense of humor breathe life into brain science. Youll learn why Michael Jordan was no good at baseball. Youll peer over a surgeons shoulder as he proves that most of us have a Jennifer Aniston neuron. Youll meet a boy who has an amazing memory for music but cant 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, youll understand how your brain really works--and how to get the most out of it. This item ships from multiple locations. Your...

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