



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

*John Medina*

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## **Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School** John Medina

See how the brain works while using it in the process of reading this book! 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 that physical activity boosts your brain power.

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 information? 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 sense of humour 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 we have a Jennifer Aniston neuron. You'll meet a boy who has an amazing memory for music but can't tie his own shoes.

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