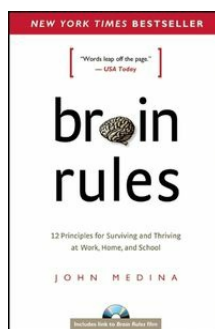


# BRAIN RULES: 12 PRINCIPLES FOR SURVIVING AND THRIVING AT WORK, HOME, AND SCHOOL

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...



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

Author	John Medina
Original Book Format	Hardcover
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## Peek Inside the Book

The brain pays more attention to the gist than to the peripheral details of an emotionally charged experience...present information in a logically organized, hierarchical structure. John Medina, Brain Rules: 12...

The brain appears to be designed to (1) solve problems (2) related to surviving (3) in an unstable outdoor environment, and (4) to do so in nearly constant motion. I call this the brains performance envelope. John Medina, Brain Rules: 12 Principles for Surviving and Thriving...

## Reader's Opinions

Good Book. Helped to understand how human brain functions and how it get affected by the activities we do in our daily lives., such as sufficient amount of sleep and exercise helps healthy brain functioning, where as excessive stress affects the brain functionality in...