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EXERCISE | Rule #1: Exercise boosts brain power. SURVIVAL | Rule #2: The human brain evolved, too. WIRING | Rule #3: Every brain is wired differently.

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EXERCISE: Exercise boosts brain power. **SURVIVAL:** The human brain evolved, too. **WIRING:** Every brain is wired differently. **ATTENTION:** We don't pay attention to boring things. **MEMORY (SHORT-TERM):** Repeat to remember. **MEMORY (LONG-TERM):** Remember to repeat. **SLEEP:** Sleep

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12 Brain Rules -- illustrated | Brain
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Full Book Name: Brain Rules: 12
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at Work, Home, and School. Author
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the 12 brain rules exercise Rule #1:
Exercise boosts brain power. survival
Rule #2: The human brain evolved,
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We don ' t pay attention to boring
things. short-term memory Rule #5:
Repeat to remember. long-term

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memory Rule #6: Remember to
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and video. SURVIVAL: The human brain evolved, too. EXERCISE: Exercise boosts brain power. SLEEP: Sleep well, think well. STRESS: Stressed brains don't learn the same way. WIRING: Every brain is wired differently.

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Brain Rules was written by John Medina, a developmental molecular biologist. The full name of the book is Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School. The book has tried to explain how the brain works in twelve perspectives: exercise, survival,

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wiring, attention, short-term memory, long-term memory, sleep, stress, multisensory perception, vision, gender and exploration. Each chapter demonstrates things scientists already know about the brain, and things we as

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Brain Rules - Wikipedia
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January 29, 2014 by Todd in Books,
Productivity ... Exercise Boosts Brain
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presence or absence of a sedentary lifestyle. ” ...

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wiring. Every brain is wired differently. attention. We don't pay attention to boring things.

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which form the core of Dr. John Medina 's book Brain Rules, are:
Exercise. Exercise boosts brain power.
Survival. The human brain evolved,
too. Wiring. Every brain is wired
differently. Attention.

Brain Rules: 12 Principles for

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Surviving and Thriving at ...

Free download or read online Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School pdf (ePUB) book. The first edition of the novel was published in February 26th 2008, and was written by John Medina. The book was published in

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multiple languages including English, consists of 301 pages and is available in Hardcover format.

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life into your own personal
development. Rule No. 1 Physical
exercise boosts brain power In order
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it, John Medina himself applies the
strategies taught.

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Medina takes the complexities of the brain and breaks it down into basic language with 12 rules that are especially applicable to the classroom

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