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Brain Rules: Summary of the Key Ideas - Original Book by John Medina: 12 Principles for Surviving and Thriving at Work, Home and School

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There is still a lot we don’t know about the human brain, but there are a number of brain rules which can provide us with further insight into the workings of our mind. These rules can be used to improve performance or find ways to remember information better.

Who should read this book:
• People who want to improve their memory.
• Anyone interested in brain science.
• Students looking for ways to learn better and save information permanently in the long-term memory.

In this summary:
Chapter 1: Regular physical activity stimulates the brain and can improve your health
Chapter 2: The need to survive helped our brain evolve over the years
Chapter 3: Learning changes every individual’s brain in a different way
Chapter 4: Stimuli in the environment can catch our attention, but only for a limited time
Chapter 5: Repetition is an important step in order to retain information
Chapter 6: Establish connections between new and existing information
Chapter 7: Follow your natural sleep cycle to give your brain time to process information
Chapter 8: Try to avoid chronic stress as much as possible
Chapter 9: Multisensory environments can enable better learning
Chapter 10: Our visual sense is the strongest and we use it to acquire new information
Chapter 11: Male brains are different from female brains
Chapter 12: Curiosity and exploration are essential for lifelong learning
Chapter 13: Final Summary
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Kari Annis:

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