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~~Brain Rules - John
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are few relevant points:

1. The typical

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presentation has 42

words per slide. 2.

Words and orally

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presented information
suffer in comparison to
the use of images;

Brain Rules: 12

Principles for Surviving
and Thriving at ...

The book discusses "12
principles for surviving
and thriving at work,
home, and school." The
real focus seems feels
like how we can use this
to improve schools. The

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

Brain Rules: 12
Principles for Surviving
and Thriving at ...
EXERCISE: Exercise

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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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well, think well.

12 Brain Rules --

illustrated | Brain Rules

Full Book Name: Brain

Rules: 12 Principles for

Surviving and Thriving

at Work, Home, and

School. Author Name:

John Medina. Book

Genre: Brain, Business,

Education,

Neuroscience,

Nonfiction, Psychology,

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Science, Self Help.

ISBN #

9780979777707. Date
of Publication:

2008-2-26.

[PDF] [EPUB] Brain
Rules: 12 Principles for
Surviving and ...

the 12 brain rules
exercise Rule #1:

Exercise boosts brain
power. survival Rule #2:
The human brain

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evolved, too. wiring
Rule #3: Every brain is
wired differently.
attention Rule #4: We
don't pay attention to
boring things. short-
term memory Rule #5:
Repeat to remember.
long-term memory Rule
#6: Remember to repeat.
sleep Rule #7: Sleep
well, think well. stress

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Surviving and Thriving
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Summary goes over

John Medina's 12
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Summary - John Medina
| 12min Blog

Brain Rules. The 12 rules, illustrated. After you read a chapter, reinforce the concepts with illustrations, charts and video: Rule #1: Exercise boosts brain

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power. Rule #5: Repeat
to remember. Watch
Brain Rules videos
Download the rules:
Posters | List. 4 proven
brain boosters for baby.

Brain Rules: Brain
development for
parents, teachers and ...
The 12 Brain Rules,
illustrated. After you
read a chapter, reinforce
the main points through

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illustrations, charts 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.

Brain Rules | Brain

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Rules Principles For

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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Book Summary □ Brain
Rules: 12 Principles for
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Principles For
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29, 2014 by Todd in
Books, Productivity ...
Exercise Boosts Brain
Power [one of the
greatest predictors of
successful aging was the
presence or absence of a
sedentary lifestyle.] ...

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Principles for Surviving

...
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power. sleep. Sleep
well, think well. stress.

Stressed brains don't
learn the same way.
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attention. We don't pay
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things.

□ Words leap off the

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page. □ USA Today... -
Brain Rules
The 12 Brain Rules. The
12 principles describing
how our brain works
best, 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
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edition of the novel was
published in February
26th 2008, and was

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written by John Medina.

The book was published
in multiple languages
including English,

consists of 301 pages

and is available in
Hardcover format.

[PDF] Brain Rules: 12
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and ...

A book with 12
principles in the form of
rules to survive and

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breathe new life into your own personal development. Rule No. 1 Physical exercise boosts brain power In order to capture our attention and preserve it, John Medina himself applies the strategies taught.

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PRINCIPLES - Books
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Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School Here are few relevant points:

1. The typical PowerPoint slide presentation has 42 words per slide.
2. Words and orally presented information suffer in comparison to the use of images;

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Amazon.com: Brain Rules: 12 Principles for Surviving And Thriving At Work, Home, School, John Medina

Medina takes the complexities of the brain and breaks it down into basic language with 12 rules that are especially applicable to the classroom and the workplace. His writing is conversational and the narrative bounces between scientific

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experiments, personal anecdotes, observations and ideas to implement in your classroom and office.

Amazon.com: Brain Rules (Updated and Expanded): 12 ...

Brain Rules for Ageing Well: 10 principles for staying vital, happy, and sharp John Medina. 4.5 out of 5 stars 74. Kindle

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