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Full Book Name: Brain Rules: 12 Principles for Surviving and Thriving at

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Brain Rules | Brain Rules

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, 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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