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well, think well, stress Stressed brains don't learn the same way. wiring Every brain is wired differently. attention We don't pay attention to boring things

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He is the author of the New York Times bestseller "Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School" -- a provocative book that takes on the way our schools and work environments are designed.

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Brain Rules 12 Principles for Surviving and Thriving at Work, Home, and School by John Medina. Page 2

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