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Brain Rules Wikipedia

Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School was written by John Medina, a developmental molecular biologist and research consultant. Brain Rules consists of 12 chapters which try to demonstrate how our brains work. Each chapter demonstrates things scientists already know about the brain, and things we as

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Brain Rules

Watch John Medina share three surprises in sleep research, as discussed in the new book, Brain Rules for Aging Well. Here's the bottom line: you need to get between six and eight hours of sleep every night, no more and no less.

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Brain Rules by John Medina Derek Sivers

Derek Sivers: New scientific insights into why our brains work this way, and how to use what we now know to learn or work better.

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Dr John Medina Talks at Google

In Brain Rules, molecular biologist Dr. John Medina shares his lifelong interest in how the brain sciences might influence the way we teach our children and the way we work. In each chapter, he

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Brain Rules Updated and Expanded 12 Principles for

John Medina is a developmental molecular biologist and research consultant. He is an affiliate professor of bioengineering at the University of Washington School of Medicine.

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