

# the 12 brain rules



Rule #1: Exercise boosts brain power.



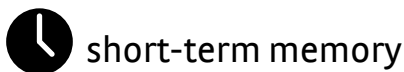
Rule #2: The human brain evolved, too.



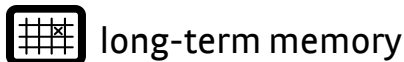
Rule #3: Every brain is wired differently.



Rule #4: We don't pay attention to boring things.



Rule #5: Repeat to remember.



Rule #6: Remember to repeat.



Rule #7: Sleep well, think well.



Rule #8: Stressed brains don't learn the same way.



Rule #9: Stimulate more of the senses.



Rule #10: Vision trumps all other senses.



Rule #11: Male and female brains are different.



Rule #12: We are powerful and natural explorers.