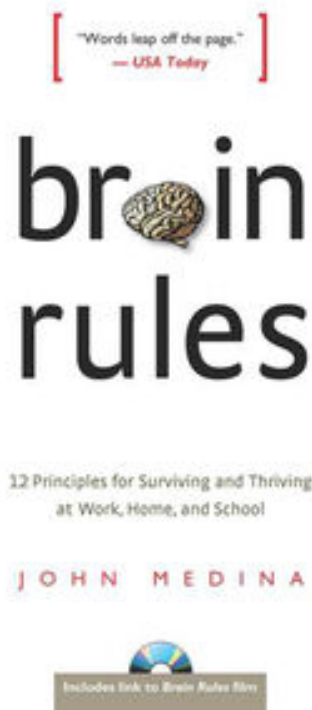


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Medina's fascinating stories and infectious sense of humor breathe life into brain science. You'll learn why Michael Jordan was no good at baseball. You'll peer over a surgeon's shoulder as he proves that most of us have a Jennifer Aniston neuron. You'll meet a boy who has an amazing memory for music but can't tie his own shoes.

You will discover how:

- * Every brain is wired differently

- * Exercise improves cognition
- * We are designed to never stop learning and exploring
- * Memories are volatile
- * Sleep is powerfully linked with the ability to learn

- * Vision trumps all of the other senses
- * Stress changes the way we learn

In the end, you'll understand how your brain really works—and how to get the most out of it.

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