



Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School: Flash Summaries: Chapter by Chapter Summary with Editor's Notes - in a Flash

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Chapter Summary

Learning rewires the brain; the structure of our neurons changes as we learn new things, and the brain grows like a muscle when we use certain parts of it a great deal. The number of neural connections in our brain is changing almost constantly, going through periods of particular upheaval when children are about 2 and again during puberty. During these periods, the brain will have 2 or 3 times the number of connections typical of the adult brain, before falling again.

Editor's Notes:

We are invited to consider a familiar scene – a young boy pretending that a stick is a sword – and uses it to introduce us to the remarkable power of the human brain. The ability to see one thing and understand that it represents another, which the author calls 'symbolic reasoning', is what let us develop language, art and culture. It has also been key to our success as a species: interpreting a word or a sign as information about the real world – "This is where the food is", or "Watch out for that tiger!" – allowed early humans to survive and thrive in dangerous conditions.

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