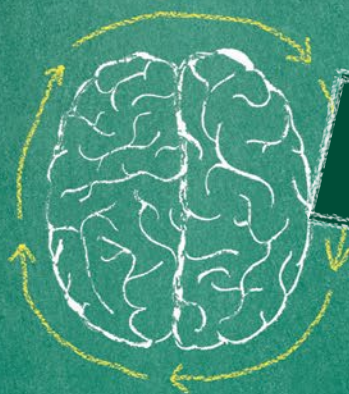


THE SECRETS OF SUCCESSFUL STUDENTS

CHANGE YOUR
BRAIN
CHANGE YOUR
GRADES



PREVIEW
ON SALE
SEPTEMBER 2019

Science-Based Strategies to **Boost Memory,**
Strengthen Focus, and **Study Faster**

#1 NEW YORK TIMES BESTSELLING AUTHOR

DANIEL G. AMEN, M.D.

WITH CHLOE AMEN AND ALIZÉ CASTELLANOS

Praise for *Change Your Brain, Change Your Life*

Change Your Brain, Change Your Life is your manual for fully optimizing your brain. Dr. Amen and I partner with Pastor Rick Warren in creating The Daniel Plan that has helped tens of thousands of people get well by using habits that optimize decision making and brain function. His newly revised book gives readers a powerfully practical exploration into the organ that makes you who you are.

—Mark Hyman, MD, Director of the Cleveland Center for Functional Medicine and author of the #1 *New York Times* bestseller *The Blood Sugar Solution*.

After 110,000 brain scans Dr. Daniel Amen is *the ultimate expert* on how to change your brain so that you can change your life for the better. The discovery of his wisdom and insights will make your life and brain health infinitely better.

—Mark Victor Hansen, *New York Times* bestselling author and co-creator of the *Chicken Soup for the Soul* series and *The Miracles In You* series

Praise for *Healing ADD*

REVOLUTIONARY . . . I strongly urge anyone with a family member who suffers with ADD to read this book.

—Barry Sears, author of *The Zone*

For parents of children with ADD, adults with ADD, therapists, and physicians. The subtypes Dr. Amen has firmly established will help clinicians everywhere tailor ADD treatments to each and every individual. One size does not fit all.

—George Delgado, MD, FAAFP, associate clinical professor, University of California, Davis

Praise for *Memory Rescue*

Dr. Amen helped to rescue my memory and brain, which changed my life. *Memory Rescue* will give you strategies to quickly improve your memory and brain now and for the rest of your life. I highly recommend it.

—Dave Asprey, founder and CEO of Bulletproof 360

Memory Rescue is a powerful new book that shows you step-by-step how to improve your memory and overall health. The information is smart, simple, research-based, and effective. It's your roadmap to the best brain possible.

—Mark Hyman, MD, physician and best-selling author

This is an incredibly helpful book for anyone who wants to increase their brain capacity and strengthen their memory. I want to stay sharp, and that's why I read everything Dr. Amen writes, and you should too!

—Pastor Rick Warren, author of *The Purpose Driven Life* and *The Daniel Plan*

Praise for *Feel Better Fast*

Daniel has taught me (and countless others) the critical role our brain health plays in our careers, families, and overall quality of life. If you truly value the relationships in your life, stop what you're doing and read this book.

—Todd Davis, Franklin Covey's chief people officer;
Wall Street Journal bestselling author of *Get Better*

Our choices determine our results, and our results determine our success. It all begins with choices. But the question is, which choices are right? How can we choose to live with joy, creativity, and prosperity, and free ourselves from depression and panic? With his astonishing new research, Daniel Amen has unlocked the answers. In this book, you'll discover new aspects of who you are and who you can become. Once you understand your own emotions and behaviors, you can replace the

negative with a positive future. This book outlines the game plan to your most fascinating and fulfilling life.

—**Sally Hogshead, *New York Times* bestselling author and creator of the Fascination Advantage personality test**

**CHANGE YOUR
BRAIN
CHANGE YOUR
GRADES**

Also by Daniel Amen

- Feel Better Fast and Make It Last*, Tyndale, 2018
Memory Rescue, Tyndale, 2017
Stones of Remembrance, with Stephen Arterburn, Tyndale, 2017
Captain Snout and the Superpower Questions, Zonderkidz 2017
The Brain Warrior's Way, with Tana Amen,
New American Library, 2016
The Brain Warrior's Way Cookbook, with Tana
Amen, New American Library, 2016
Time for Bed, Sleepyhead, Zonderkidz, 2016
Change Your Brain, Change Your Life, Three Rivers
Press, 2015 (Revised), *NY Times* Bestseller
Healing ADD, Putnam, 2013 (revised), *NY Times* Bestseller
The Daniel Plan, with Rick Warren and Mark Hyman,
MD, Zondervan, 2013, #1 *NY Times* Bestseller
Unleash the Power of the Female Brain, Harmony Books, 2013
Use Your Brain to Change Your Age, Crown Archetype, 2012,
NY Times Bestseller
The Amen Solution, Crown Archetype 2011, *NY Times* Bestseller
Unchain Your Brain, MindWorks, 2010
Change Your Brain, Change Your Body, Harmony
Books, 2010, *NY Times* Bestseller
Magnificent Mind at Any Age, Harmony
Books, 2009, *NY Times* Bestseller
The Brain in Love, Three Rivers Press, 2007
Making a Good Brain Great, Harmony Books,
2005, Amazon Book of the Year
Preventing Alzheimer's, with William R. Shankle, MD, Putnam, 2004
Healing Anxiety and Depression, with Lisa
Routh, MD, Putnam, 2003
New Skills for Frazzled Parents, MindWorks, 2003
Healing the Hardware of the Soul, Free Press, 2002
ADD in Intimate Relationships, MindWorks, 1997
*The Most Important Thing in Life I Learned
from a Penguin*, MindWorks, 1994

CHANGE YOUR BRAIN CHANGE YOUR GRADES

The Secrets of Successful Students

DANIEL G. AMEN, MD
with Chloe Amen and Alizé Castellanos



BenBella Books, Inc.
Dallas, TX

This book is for informational purposes only. It is not intended to serve as a substitute for professional medical advice. The author and publisher specifically disclaim any and all liability arising directly or indirectly from the use of any information contained in this book. A health care professional should be consulted regarding your specific medical situation. Any product mentioned in this book does not imply endorsement of that product by the author or publisher.

Copyright © 2019 by Daniel G. Amen

All rights reserved. No part of this book may be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations embodied in critical articles or reviews.



BENBELLA

BenBella Books, Inc.

10440 N. Central Expressway, Suite 800

Dallas, TX 75231

www.benbellabooks.com

Send feedback to feedback@benbellabooks.com

Printed in the United States of America

10 9 8 7 6 5 4 3 2 1

Library of Congress Cataloging-in-Publication Data:

TK

Proofreading by Jenny Bridges and Lisa Story

Text design and composition by Aaron Edmiston

Cover design by Ty Nowicki

Printed by Lake Book Manufacturing

Distributed to the trade by Two Rivers Distribution, an Ingram brand

www.tworiversdistribution.com

**Special discounts for bulk sales (minimum of 25 copies) are available.
Please contact bulkorders@benbellabooks.com.**

*To all of the students, young and old, that have
come through Amen Clinics over the years.
I will always root for your success.*

CONTENTS

Introduction

Change Your Brain, Change Your Grades Is Directed at You 1

1. Optimize Your Brain

The First Step to More Success in School 9

2. Know Your Brain Type

Even If You Never Get Scanned 19

3. Changing Habits

How to Swap Old Ways for Smarter Strategies 45

4. In the Beginning

Preparation for Learning 63

5. The Big Picture

From Generalizations to Specifics 71

6. Get Organized

Organizing Your Classes, Your Time, and Yourself 81

7. Methods to Success

Methods of Study 91

8. <i>It's a Class Act</i>	
Class Skills	101
9. <i>Parietal Relations</i>	
Memorize Faster with Better Retention	115
10. <i>Two Heads Are Better than None</i>	
Studying with a Partner	129
11. <i>Go to the Source</i>	
A Practical Approach to Teachers	137
12. <i>Pressurize Your Cabin</i>	
Preparing for and Taking Tests	147
13. <i>Letting Yourself Out</i>	
Writing and Speaking	163
14. <i>Killing the ANTs</i>	
How to Feel Good Every Day	173
15. <i>Wrapping the Present</i>	
Getting the Best Out of Yourself	181
<i>Appendix A</i>	
107 BRIGHT MINDS Ways to Grow Your Brain	189
<i>Appendix B</i>	
Amen Clinic Learning Disability Screening Questionnaire	195
<i>Resources</i>	203
<i>References</i>	207
<i>About the Author</i>	211
<i>Gratitude and Appreciation</i>	217

INTRODUCTION

CHANGE YOUR BRAIN, CHANGE YOUR GRADES IS DIRECTED AT YOU

POP QUIZ: WHAT KIND OF STUDENT ARE YOU?

1. Do you feel like you should be getting better grades?
2. Does schoolwork stress you out?
3. When you need to study, does it take longer than you'd like because everything is so disorganized?
4. Are you spending more time studying than the A students in your class but not getting the same results?
5. Do you study so much you miss out on other things you'd like to do?
6. Are you heading back to school after a long break and need a refresher to get more done in less time?
7. Do you feel like you're failing in your academic life?
8. Would you love some simple, practical tips to make studying easier, to feel more confident in your abilities, and to actually start to enjoy the learning process?

If you answered yes to any of these questions, this book is for you.

All of the great writers about success—think Ben Franklin, Dale Carnegie, Stephen Covey, and Sheryl Sandberg—have overlooked the

2 | Introduction

most important secret of success, because they did not have the technology to see it. Based on the world's largest brain imaging database, we now know that success and failure everywhere in life starts, and is maintained, between your ears, in the moment-by-moment functioning of your brain.

Your brain is involved in everything you do and everything you are, including how you think, feel, act, and interact with others. Your brain is the organ of love, learning, personality, character, and every decision you make. After looking at more than 150,000 brain scans over the last 30 years, I have learned that when your brain works right, you work right—whether we're talking about school, work, relationships, money, health, or anything else. Likewise, when your brain is troubled for whatever reason, you are much more likely to have trouble in your life. Get your brain right and learning will be much easier for you.

I will admit that I was merely an average student in middle school and high school, but I went on to graduate near the top of my class in college and medical school. How did I do it? I used my brain to develop simple strategies that allowed me to study and learn more efficiently. If I can do it, you can, too.

Change Your Brain, Change Your Grades draws on my experience as a neuroscientist and psychiatrist, as well as the latest brain science, to help you study more effectively, learn faster, and stay focused so you can achieve your academic goals. It is also based on a brain health program I created with Dr. Jesse Payne that teaches students how to love and care for their brains. Called Brain Thrive by 25 (www.brainthriveby25.com), it has been taught in all 50 states and seven countries. In the course, we include lessons on basic brain facts, the developing brain, gender differences, the impact of drugs and alcohol on the brain, nutrition, stress management, killing ANTs (automatic negative thoughts), and how to throw a brain healthy party. A popular course, it has changed the lives of those who take it.

Many of the regions of the brain are involved in determining if a student will be successful or be stuck struggling to graduate. In chapter 1, you will learn about some of the brain regions and the role each plays in helping you learn and retain information, stay organized, pay attention

in class, and feel confident in your abilities. Every brain is unique, and understanding your brain type (more on this in chapter 2) and how your unique brain works is an important step. By using the simple strategies in this book, you can optimize your brain so you can become a more successful student, no matter what your age.

If you suspect you might have learning issues or ADD/ADHD, take the Amen Clinics Learning Disability Questionnaire in Appendix B and seek treatment if necessary.

This book can help a broad range of students, whether you're an underachiever, a stressed-out studier, an adult reentering school or doing job-related training, or just someone who wants to make learning easier.

Underachievers. If your achievements fall below your capabilities, you may think you're a mediocre student because of so-so intelligence or because you don't have a high IQ. But did you know that research shows that learning strategies are actually more important than IQ when predicting academic achievement?¹ In truth your knowledge of *how* to learn effectively and efficiently may be mediocre but not your *ability* to learn. The good news is you can change your learning strategies and thereby change your success. Think how great it would feel if you had the upper hand in a classroom full of other students. Wouldn't it make learning so much more fun and enjoyable? I have seen C students become consistent B and even A students after acquiring these skills, and with much less stress.

Stressed-out studiers. This book is also useful for good students who feel like they need to use massive assault tactics when they study in order to achieve. Do you neglect other areas of your life in the race to reach scholastic success? You may think that that in order to be an A+ student, your nose should be buried in a textbook until 2 a.m. every day, but that is not realistic or even healthy. How would you like to learn to direct your efforts and economize your time so you can achieve the same results in less time with less stress, leaving room for personal development, more fun, and a more balanced life?

Adults reentering school or doing job-related training. *Change Your Brain, Change Your Grades* is also for the working person who is either

going back to school after a long absence or is taking on job-related training. It has been estimated that almost one-quarter of the adult population in the United States is enrolled in some form of regular study, and that people in skilled professions or trades require retraining every five to six years to keep up to date with new developments in their fields. If you're one of these people, you probably have more outside responsibilities than the typical college student and have less time to devote to your studies. This means you need to use the most efficient study methods possible in order to accomplish your goals. Finding tricks and so-called shortcuts is *not* taking the easy way out; it's going the extra mile to achieve the success you want while making your life happier and less stressful.

Anyone who wants to make learning easier. Whether you want to learn a foreign language before taking a vacation, take a finance course so you can increase your investing know-how, or simply ace your tests with less effort, you can benefit from the strategies in this book. The principles in this book are practical and can easily be applied to almost any learning situation.

SIX WAYS *CHANGE YOUR BRAIN, CHANGE YOUR GRADES* IS DIFFERENT

Many books have been written on how to study. What makes this one different? *Change Your Brain, Change Your Grades* will systematically look at each major area of what I call “studenthood” and offer many practical solutions. This book will also give you the necessary mental boost you need to not only thrive, but to actually enjoy the learning process.

Here are six ways this book is unique:

1. It teaches you how to optimize the organ of learning—your brain.
2. Much more than just a book on how to study, this is a handbook on how to benefit from being a student, how to profit personally by excelling as a student, and how to do both of these without jeopardizing other areas of your life.

3. This book was written by someone who studies human brains and behavior for a living. As a psychiatrist, neuroscientist, and brain health expert, I have worked with thousands of students of all ages who are struggling in school and who have improved their success with the same strategies in this book. It's been a while since I've been in school, so I also asked my teenage daughter, Chloe, and niece, Alizé, to help make this book relevant for 21st-century students. Look for the "Tech Tip from Chloe and Alizé" boxes throughout this book for their insights on how to use technology in the most effective way.
4. The secrets to learning involve so much more than just test prep, time management, and organization skills. This book will introduce you to the power of changing your habits and finding your motivation (chapter 3), preparation (chapter 4), class skills (chapter 8), studying with a partner (chapter 10), and approaching teachers (chapter 11.)
5. Every method or suggestion outlined in this book has been tested and proven with thousands of students. I am not going to tell you what other people think. I am going to tell you what I know works!
6. This book is not meant to be an exhaustive textbook on how to excel in all subjects. Think of it as your go-to guidebook—providing inspiration, practical ideas, and a pleasant sense of relief from the everyday academic grind. You can read it quickly and reap its benefits immediately. And when you master the skills in this book, you can learn any subject faster and retain the information longer.

WORK SMARTER, NOT HARDER

With the tools and strategies in this book, you'll discover how to work smarter, not harder. You'll stop wasting time on aimless study and focus on the most important things, so you can learn more with less effort. You'll develop skills that will serve you well during school and

6 | Introduction

throughout your life as you continue to learn. Of course, as you master these skills, your grades, confidence, and even your social life will reap the benefits. In particular, this book will help you:

1. Kick bad study habits to the curb and adopt smarter study habits.
2. Discover how to prepare better for classes, so you get more out of them with less overall study time.
3. Adopt a big-picture view that helps you develop a solid foundation for learning anything faster.
4. Organize yourself and your time more efficiently.
5. Understand the different study methods and learn to choose the ones best suited to you.
6. Learn to zero in on the most important points in lectures and take better notes.
7. Memorize faster and remember it longer.
8. Learn how to pick a study partner and discover why two brains are sometimes better than one.
9. Approach and communicate with teachers so they become a valuable resource for you instead of viewing them as critics of your work.
10. Skillfully prepare for and perform better on exams.
11. Improve your writing and speaking skills.
12. Discover how to boost your confidence by killing the ANTs (automatic negative thoughts) that threaten your success.
13. Get the best out of yourself.

GET ON THE BUS!

In his book *The Great Divorce*, C. S. Lewis writes about a group of people in Hell. Lewis makes it clear that the people, through their actions and attitudes, are responsible for their disadvantageous situation. The people are offered a chance to take an intense bus ride from Hell toward Heaven. Only after choosing to get on the bus and ride on the path toward change

can they avail themselves of the opportunity to improve their circumstances. By choosing *Change Your Brain, Change Your Grades*, you have obtained your bus ticket for a more satisfying “studenthood.” Now, get on the bus and ride on toward efficient methods of study and better grades—making sure you enjoy yourself along the way!

1

OPTIMIZE YOUR BRAIN

THE FIRST STEP TO MORE SUCCESS IN SCHOOL

The human brain is the most complex and wondrous organ in the universe. Your ability to succeed in school comes from many different areas of your brain. If you want to perform better in the classroom, you must first learn about your brain. After all, it is your brain that decides if you should play mindless video games or head to the library to study. It is your brain that tells you to ditch class or pay close attention to the professor's lecture. It is your brain that causes you to procrastinate and have to pull an all-nighter or that helps you plan ahead so you can get a good night's sleep before a big test. In this chapter we will look at different systems within the brain, what they do, and the strengths and vulnerabilities they give us. We will also explore three strategies to optimize your brain, which is the first step to becoming a more successful student. But first, here are 41 amazing facts about your brain:

1. The brain has about 100 billion neurons (brain cells).
2. Each neuron is connected to other neurons by up to 10,000 connections.
3. The brain has more connections than there are stars in the universe.
4. A piece of brain tissue the size of a grain of sand contains 100,000 neurons and over a billion connections talking to one another.
5. The brain prunes connections it does not use: Use it or lose it.

10 | Change Your Brain, Change Your Grades

6. The brain weighs about 3 pounds, or roughly 2 percent of your body's weight.
7. Yet, it uses 20 to 30 percent of the calories you consume;
8. 20 percent of the oxygen you breathe; and
9. 20 percent of the blood flow in your body.
10. The brain needs a constant supply of oxygen. As little as five minutes without oxygen can cause some brain cells to die, leading to severe brain damage.
11. It is the consistency of soft butter, tofu, or custard.
12. It is easily damaged.
13. Your soft brain is housed in a very hard skull that has many sharp, bony ridges.
14. Your brain has the storage capacity of 6 million years' worth of *The Wall Street Journal*.
15. It is about 80 percent water.
16. Being dehydrated by just 2 percent can negatively affect attention, memory, and judgment.
17. About 60 percent of the dry weight of the brain is fat.
18. Low-fat diets are generally bad for the brain.
19. About 25 percent of the body's cholesterol is in the brain and is essential for brain health.
20. Total cholesterol levels under 160 have been associated with homicide, suicide, depression, and death from all causes.
21. Babies have big heads in order to hold their rapidly growing brains.
22. A 2-year-old's brain is 80 percent the size of an adult's brain.
23. The brain peaks in activity around age 8, then declines until it is settled at about age 25, which, by the way, is when car insurance rates change, because people make better decisions on the road and most everywhere else in their lives when their brains are fully developed.
24. Brain information travels up to 268 miles per hour, faster than Formula 1 race cars (about 240 mph).

25. The brain constantly generates 12 to 25 watts of electricity.
26. The average brain generates up to 50,000 thoughts per day.
27. The brain processes a visual image in as little as 13 milliseconds, which is less than a blink of an eye.
28. One of the world's most powerful computers (Japan's K computer) was programmed to simulate human brain activity; it took 40 minutes to process the information equal to 1 second of brain activity.
29. When you stop learning, the brain starts dying.
30. Inflammation is a major cause of depression and dementia.
31. Gum disease increases brain inflammation.
32. Fish consumption helps decrease brain inflammation.
33. Depression doubles the risk of Alzheimer's disease in women and quadruples it in men.
34. The brain cleans or washes itself at night, which is why getting at least 7 hours (or 8 to 10 hours if you're a teen) of sleep is important.
35. Soldiers who got 7 hours of sleep at night shot with 98 percent accuracy at the firing range the next day; those who got just 6 hours were only 50 percent accurate; 5 hours were 35 percent accurate; and 4 hours only 15 percent accurate (they were dangerous).
36. Gut health is critical to brain health. Your gut makes vitamins and neurotransmitters essential to brain health.
37. Alcohol prevents the formation of new memories.
38. Alcohol is not a health food for the brain.
39. In research my team published, marijuana prematurely aged the brain.
40. About 30 percent of the brain is dedicated to vision, which explains why we are more drawn to images than to text.
41. Children exposed to violence show the same brain activity as soldiers exposed to war.

A BRIEF TOUR OF YOUR BRAIN

The most noticeable structure in the brain is the cerebral cortex, the wrinkly mass that sits atop and covers the rest of the brain. The cortex has four main areas, called lobes, on each side of the brain, and another important structure called the cerebellum.

1. Frontal lobes (specifically, the prefrontal cortex, or PFC): purposeful movement, planning, and forethought
2. Temporal lobes: visual and auditory processing, memory, learning, mood stability
3. Parietal lobes: direction sense, math, constructing
4. Occipital lobes: process visual images
5. Cerebellum: motor skills, thought coordination, processing complex information

**When your brain works right, you work well in school.
When your brain is troubled, you have trouble in school.**

When your brain is healthy, you tend to be effective, creative, attentive, and organized. When your brain is troubled—for whatever reason—you are much more likely to have problems at school, including issues with planning, focus, organization, and memory. Even subtle brain issues can get in the way of achieving your academic goals. The great news is that you are not stuck with the brain you have. You can change your brain and change your grades. Optimizing your brain is the first step to becoming a more successful student.

To optimize your brain, you need to follow three simple strategies.

- Love your brain.
- Avoid the things that hurt your brain.
- Do the things that help your brain.

YOUR BRAIN: A BRIEF PRIMER

Outside View of the Brain

Prefrontal cortex
Focus, forethought,
impulse control

Parietal lobe
Sensory processing,
sense of direction

Temporal lobe
Memory, learning,
mood stability,
visual and auditory
processing

Occipital lobe
Visual processing

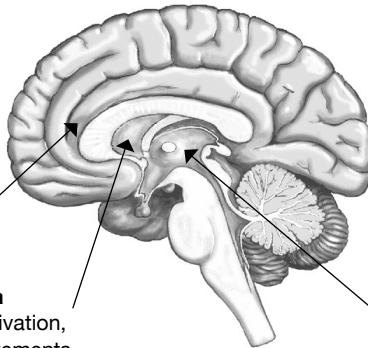
Cerebellum
Motor and thought
coordination

Inside View of the Brain

**Anterior cingulate
gyrus**
Shifting attention,
error detection

Basal ganglia
Pleasure, motivation,
adjusting movements

**Thalamus, part of
limbic system**
Sensory gating,
emotional processing



Brain Regions: Functions and Problems		
Brain System	Functions	Problems
Prefrontal Cortex	Focus Forethought Planning Judgment Impulse control Organization Empathy Learning from experience	Short attention span Distractibility Lack of perseverance Impulse control problems Restlessness Chronic lateness Poor time management Disorganization Procrastination Unavailability of emotions Poor judgment Trouble learning from experience Lower empathy
Anterior Cingulate Gyrus	Ability to shift attention Cognitive flexibility Adaptability Movement from idea to idea Ability to see options Ability to “go with the flow” Ability to cooperate Ability to detect errors or when things are not right	Strong will Worrying Holding on to hurts from the past Getting stuck on thoughts (obsessions) Getting stuck on behaviors (compulsions) Oppositional behavior Argumentativeness Uncooperativeness Tendency to say no automatically Addictive behaviors (alcohol or drug abuse, eating disorders) Cognitive inflexibility Chronic pain Obsessive-compulsive disorder (OCD)

Basal Ganglia	Integrating feeling and movement Forming habits Controlling motivation and drive Setting the body's anxiety level Shifting and steadying fine motor movements Suppressing unwanted motor behaviors Mediating pleasure and ecstasy	Anxiety or nervousness Physical sensations of anxiety Tendency to predict the worst Conflict avoidance Risk avoidance Tourette's syndrome (tics) Muscle tension, soreness Tremors Fine motor problems Low or excessive motivation Sensitivity to rejection Social anxiety, interpersonal inhibition
Thalamus/ Limbic System	Sets the emotional tone of the mind Filters external events through internal states Tags events as internally important Stores highly charged emotional memories Modulates motivation Controls appetite and sleep cycles Promotes bonding Directly processes the sense of smell Modulates libido	Sadness or clinical depression Increased negative thinking Negative perception of events Flood of negative emotions, such as hopelessness, helplessness, and guilt Appetite and sleep problems Decreased or increased sexual responsiveness Social isolation Pain

16 | Change Your Brain, Change Your Grades

Temporal Lobes	Hearing/listening Reading Reading social cues, including speech and tone Short-term memory Long-term memory Recognizing objects by sight Mood stability Naming things	Mishearing communication Dyslexia Socially inappropriate behavior Trouble reading social cues Memory problems Word-finding problems Poor visual recognition Mood instability Abnormal sensory perceptions Anger, irritability, dark thoughts
Parietal Lobes	Direction sense Sensory perception Spatial processing Seeing movement Visual guidance, such as to grab objects Recognizing objects by touch Ability to know where you are in space Knowing right from left Reading and creating maps	Trouble with math or writing Impaired direction sense Trouble dressing or putting objects together Left/right confusion Denial of illness Impaired position sense Neglect or unawareness of what you see Impaired copying, drawing, or cutting
Occipital Lobes	Sight Color perception Lines Depth perception	Deficits in vision Deficits in perception Visual hallucination Visual illusions Functional blindness
Cerebellum	Thought coordination Speed of thought (like clock speed of a computer) Organization Motor coordination Impulse control	Poor learning Slowed thinking Disorganization Impulsiveness Coordination problems Slowed walking Slowed speech

Love your brain. Most students never think about their brain as a tool for learning. You (or your parents) will buy all sorts of gadgets to help you in your studies, but it's your brain that is worthy of your biggest investment. Loving your brain means always keeping it in mind when you make choices. Whenever you are making a decision, ask yourself, "Is this decision good for my brain or bad for my brain?"

Avoid the things that hurt your brain. There are many things in our everyday lives that can hurt your brain and make it harder for you to do well in school:

- Lack of exercise
- Negative thoughts
- Chronic stress
- Head trauma
- Environmental toxins
- Drugs
- Excessive alcohol
- Mental health issues
- Many medications
- Hormonal imbalances
- Junk food diet
- Obesity
- Lack of sleep

Do the things that help your brain. What's exciting is that there are many things that can boost your brain power and help optimize brain function:

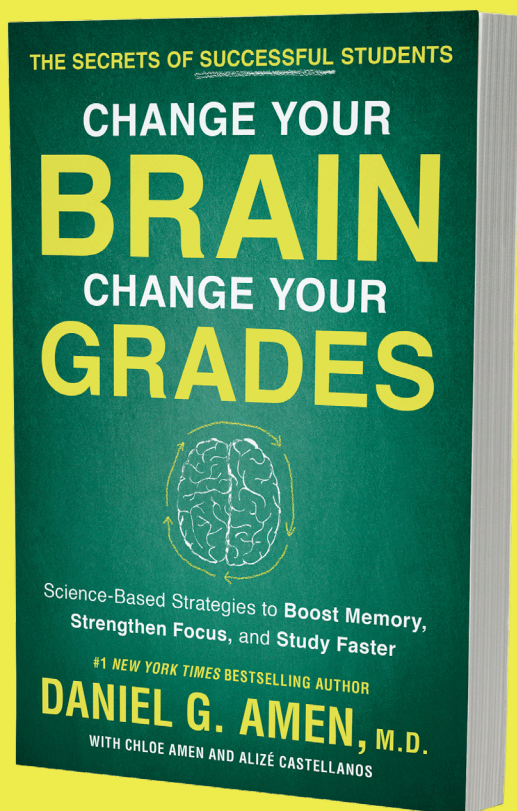
- Learning new things
- Having loving relationships
- Having a purpose in life
- Physical exercise, especially coordination exercises (table tennis, dancing, etc.)
- Controlling your thinking
- Meditation and stress-relief techniques

18 | Change Your Brain, Change Your Grades

- Protecting your head from injury
- Avoiding drugs and too much alcohol
- Getting help for mental health issues
- Balancing hormones
- Great nutrition
- Taking nutrients (omega-3 fatty acids; vitamins B₆, B₁₂, D, and folate)

When you start optimizing your brain, you will find that all the additional tips and tools in this book will become much easier to implement. And this will put you on the fast track to successful studenthood.

A breakthrough approach to optimize your brain,
change your habits, and succeed in school from
Dr. Daniel Amen, renowned neuroscientist and bestselling
author of *Change Your Brain, Change Your Life*.



PRE-ORDER YOUR COPY TODAY!

Available where books are sold.

amazon.com

BARNES & NOBLE
BOOKSELLERS

BAM!
BOOKS-A-MILLION

Indigo
Books & Music Inc.

BENBELLA

INDIE
BOUND.org