

CONTENTS

A Note to Parents and Teachers	vii
CHAPTER 1: The Problem with Passion	1
CHAPTER 2: Easy Does It: Why Trying Too Hard Can Sometimes Be Part of the Problem	13
CHAPTER 3: I'll Do It Later, Honest! Using a Tomato to Beat Procrastination	30
CHAPTER 4: Brain-Links and Fun with Space Aliens	45
CHAPTER 5: The Other Side of the Teacher's Desk	68
CHAPTER 6: Learning While You Sleep: How to Wake Up Smarter	76
CHAPTER 7: School Bags, Lockers, and Your Attentional Octopus	88
CHAPTER 8: Slick Tricks to Build Your Memory	97
CHAPTER 9: Why Brain-Links Are Important (and How Not to Back a Car into a Ditch)	112

CHAPTER 10: Learning with Clubs and Groups, Finding Your Mission, and How Terry Nearly Burned Down the School	126
CHAPTER 11: How to Pump Up Your Brain	134
CHAPTER 12: Making Brain-Links: How Not to Learn from a Comic Book	143
CHAPTER 13: Asking Yourself Important Questions: Should You Listen to Music While You're Studying?	160
CHAPTER 14: Learning Surprises: <i>Pssst . . .</i> Your Worst Traits Can Be Your Best Traits!	174
CHAPTER 15: How to Do Well on Tests	186
CHAPTER 16: Going from "Have to" to "Get to"	195
Solutions to End-of-Chapter Problems	206
Suggested Resources	216
Illustration Credits	220
Acknowledgments	223
References	225
Notes	230
Index	236
About the Authors and Illustrator	245