

CHAPTER 1 : NEURONS & PATHWAYS

p.14 exercise 2

1 – v – d

2 - ii - a

3 – vi - b

4 – iv

- e 5 – iii

- c 6 – I

– g

CHAPTER 2 : INTERESTING FACTS ABOUT THE BRAIN

p.20 exercise 2

1. a. 73% b. 2%

2. c. 60%

3. d. 25%

4. e. 1000

5. f. 100.000 g. 1 billion

6. h. 268

7. i. 48,6 j. 70.000

8. k. 25.000

p.21 exercise 3

1. c 2. d 3. b 4. a

p.22 exercise 4

Similar = **equivalent**

Amazingly = **astoundingly**

Up-to-date = **advanced**

important = **essential**

more advanced = **superior**

flexibility = **plasticity**

volume, ability = **capacity**

CHAPTER 3 : THE POWER OF MISTAKES

p.26 exercise 1

F / F / T

p.29 exercise 2

1. between
2. of
3. in
4. at
5. to
6. in
7. up
8. into
9. out
10. by

CHAPTER 4 : THE POWER OF YET

p.39 'CHANGE YOUR WORDS CHANGE YOUR MINDSET'

1. Opportunity

2. effort
3. attitude
4. inspired
5. developed
6. failure
7. avoid
8. potential
9. threatened
10. comfort

p.40 'DO YOU REMEMBER HOW YOU LEARNED TO RIDE A BIKE?'

1. balanced
2. neurons
3. pathway
4. nature
5. challenging
6. process
7. persistence

CHAPTER 5 : THE POWER OF WORDS

p.46 exercise 2

1. Difficult to believe = **implausible**
2. Tremor, shaking = **vibration**
3. Spoken = **uttered**
4. Effect = **impact**
5. Statement, claim = **assertion**
6. Likely to spread and affect others = **contagious**
7. Being thankful = **gratitude**

8. Consisting of small particles = **molecular**

CHAPTER 6 : THE POWER OF POETIC STORIES

p.53 exercise 1

1. f 2. d 3. a 4. c 5. g 6. e 7. b

CHAPTER 7 : THE POWER OF ART

p.58 exercise 1

1. Accept = **embrace**
2. The capacity to adapt successfully to challenges = **resilience**
3. Evidence = **testimony**
4. Settle or establish firmly = **impact**
5. The process of becoming stronger and more confident = **empowerment**
6. Depict = **portray**
7. Something that is usual and standard = **norms**
8. Unfavorable = **adverse**

p.59 exercise 3

1. contracted
2. mocked
3. unheard
4. fatal
5. recover
6. shattered

7. mortgage

8. unfaithfulness

9. amputated

10. frail

p.60 exercise 4

1. 1

2. 2

3. 3

4. 4

5. 5

6. 6

7. 7

p.61 exercise 5

(there are multiple correct answers in this exercise)

1. Don't build a wall ... from the inside.
2. The most important ... and eye.
3. I paint myself ... best.
4. My family ... heal me.
5. You deserve a lover ... coffee and poetry.
6. Nothing is ... ridiculous thing.
7. Legs ... to fly.

CHAPTER 8 : POWERFUL YOU

p.72 exercise 1

'A habit is a usual way of behaving;

An action you do frequently and automatically

As a response to your environment.'

p.74 exercise 4a

1. pathways

2. nervous
3. associated
4. behavior
5. strengthen
6. travelled
7. repeated
8. rewire

p.75 exercise 4b

1. c 2.a 3.b

p.78 exercise 1

	QUESTIONS TO ASK YOURSELF	YOUR OWN EXAMPLE GOAL	
EXPLANATION	EXAMPLE GOAL		

S	SPECIFIC	WHAT WHE N WHY	SCORING AT LEAST 90% ON YOUR NEXT SCIENCE EXAM IN 4 WEEKS TO GET HIGHER GRADES	
M	MEASURABLE	HOW MUCH? SET A CLEAR WAY TO DEFINE SUCCESS OR FAILURE	SCORING AT LEAST 90%	
A	ACHIEVABLE	HOW ? (BREAK THE GOAL DOWN& MAKE A PLAN)	TAKE NOTES IN CLASS SPEND 30MIN 3 NIGHTS/WEEK PARTNERING WITH A FRIEND TO	STUDYING TO REVIEW
R	RELEVANT	DOES THIS GOAL FIT WITH MY LONG-TERM OBJECTIVES WILL? FOCUSING ON THIS GOAL PULL ME AWAY FROM OTHER MORE IMPORTANT GOALS?	L SCORING AT LEAST 90% WILL KEEP YOU MOTIVATED TO ACHIEVE LARGER GOALS	
T	TIME-BOUND	WHEN? SET A DEADLINE WORK BACKWARDS AND SET SMALLER STEPS	THE NEXT EXAM HAS A SPECIFIC DATE IN 4 WEEKS	

p.80 Quiz Time

1. b 2.c 3.c & d

4. a 1. deadline 2. focused 3. specific

4. b 4. goals 5. measure 6. accomplishing

5.
 1. boost your language
 2. improve your listening skills
 3. watch TV
 4. watch a TV series
 5. watch an episode daily