



# Brain Snacks for Teens on the Go!: 50 Smart Ideas to Turbo-Charge Your Life

*Alex Southmayd*

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What are Brain Snacks? Well, there's an old adage, "Success leaves tracks, and failure does, too." In other words, if someone is particularly successful in an area of his or her life, then there are things that person is doing day in and day out to produce that success. Likewise, if someone is particularly unsuccessful at something, there are probably things he or she has done that have become obstructions. So, in essence, Brain Snacks are effective ideas and strategies, with detailed tactics, to help you turbo-charge your life. They're delicious and nutritious pieces of information that can help you become happier, healthier, and more successful in your life and, ultimately, make the world a better place. So, before reading a book whose origin and purpose are so centered on ideas, tactics, and strategies, it's important to understand how we define those three words in our language. Merriam Webster Dictionary defines an idea as "a formulated thought or opinion;" a tactic as "a device for accomplishing an end;" and a strategy as "a careful plan or method." In this way, it's pretty clear how those three words are related: an idea can engender a solution to a certain problem, and that solution would require a strategy, which would in turn comprise of various implementable tactics. In sum, the idea is the prime mover, the strategy is the plan, and the tactics are the ideological tools. The ideas, tactics, and strategies in this book have been helpful to me throughout my life, and my hope is that they will be just as helpful to you. The book is broken up into four parts: Your Brain, Your Body, Your Life, and x Your World. There's a good reason for this order. Everything we do begins with our brain. Life for us might as well not exist without our brain, since everything we perceive takes place inside of it. All our thoughts, actions, habits, reflections, emotions—everything that constitutes existing—originates from our brain. Therefore, on the road to changing ourselves and those around us for the better, the brain is the first destination. Once we have achieved a level of mastery over our brain, we can begin to control our body. We can gear our habits toward improving our health, fitness, and well-being, and we can maintain those habits over time—but only if we have disciplined our brain to do so. Once we have control over our brain and our body, we are well on our way to controlling all the other, less tangible aspects of our life, from building confidence to developing a stronger character. And as you will read on the next page, we cannot expect to change our world for the better if we cannot change ourselves for the better first. REVIEWS: "Filled with bite-size pieces of wisdom and humor, this fantastic book is perfect for teens striving to better their lives. When you read these Brain Snacks, you will find much more than just friendly advice from a fellow teenager; you will find true nourishment for both body and soul." - Sean Covey Best-Selling Author of The 7 Habits of Highly Effective Teens "If I could go back in time four years and buy just one more book, it would be Brain Snacks for Teens on the Go! Alex has done the amazing feat of consolidating all the wisdom painstakingly milked piece by piece by countless generations of confused teenagers into one portable and exceedingly endearing little book. It's like the little angel on your shoulder that'll gently slap you back into sense when you go wrong. And if you're anything like me, or any of the other few billion teenagers who have come before you, you will go wrong. Every single waking moment of the next few years of your life." - Ben Yu Harvard College, Class of 2014 "This user-friendly, peer to peer guide will speak directly to teens and help them navigate their way to success." - A. Holly Johnson, M.D. 1996 Harvard Women's Ice Hockey Captain



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