

## BRAIN IDIOMS AND EXPRESSIONS

idiom	meaning	example
all brawn and no brain	physically strong but not intelligent	My son is on all the sports teams, but he failed college. He's all brawn and no brain.
birdbrain	a silly or stupid person	Don't invite that bird-brained idiot Rodney. I want to make a good impression.
blow one's mind	something is amazing, extraordinary	Try this cocktail I made; it will blow your mind.
brainstorm	a group discussion to think of ideas	We're having a meeting tomorrow to brainstorm ideas for the business.
cross one's mind	suddenly think of/realise	Julie hasn't even crossed my mind since we broke up.
in two minds	undecided	We're in two minds about going to Ibiza. It's expensive but it would be fun.
no-brainer	something that requires little thought/mental effort	My decision to fire that idiot was a no-brainer.
one-track mind	when someone is obsessed with a particular topic	My boys have one-track minds. It's all football, football, football with them.
pick someone's brains	ask someone for information, advice etc.	We need to pick your brains about travelling Europe. Are you free later?
put one's mind to it	give something your complete attention, concentration, determination, effort etc.	I want to be an astronaut. If I put my mind to it, I can do anything.

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rack one's brain	try very hard to think of something	I can't find my phone. I need to rack my brain to remember when I had it last.
scatter brain	a forgetful, disorganised, unfocused person	My mum is such a scatter brain, she left the oven on and went shopping today.

