



No brainer

The idiom, "no brainer" is used to describe a decision or situation that is very easy to decide or understand. In other words, the solution or answer is so clear and easy that you don't even need to use your brain!

Examples

1. Let's say you have homework. You have to decide: Do it now or wait until later? Doing it now is a "no brainer." It means you won't be stressed, and your homework will be ready on time.
2. Imagine you have a test soon. You have two choices: Study for the test or play video games all night? Studying for the test is a "no brainer." This means you are doing the right thing for your grades.
3. When your friend is feeling down, offering a listening ear is a "no brainer." It's a simple way to show kindness and build stronger friendships.

Where it comes from

The term "**no brainer**" originated in the United States in the 1970s. It is based on the idea that we use our brains to make decisions or solve problems. The phrase suggests that the decision or situation in question is so straightforward and easy that it requires little or no thought or effort - you don't need to think hard about it!

Why it's important

The term "**no brainer**" helps us to see that some things are simple. It reminds us that some decisions are not hard to make, and sometimes, the easiest choice is the best one. So, the next time you're faced with a decision, look for the "no brainer" option. It will make your life easier!