



Brain Games #5 : Lower Your Brain Age in Minutes a Day (Brain Games (Numbered))

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Scientific research shows that the brain is far more malleable than previously suspected, and that it is capable of adding new neurons even at an advanced age. But just as with your muscles, you have to exercise your brain regularly to keep it in tip-top shape. Brain Games #5 is packed with brain-exercising puzzles that will give your brain a good workout -- all produced under the guidance of Dr. Elkhonon Goldberg, a renowned professor of neurology.

Just as no single exercise machine will give you a full workout, no one type of puzzle will fully exercise your brain. In this book, you will find a variety of different puzzles, each tailored to exercise a different part of the brain. You will:

Hone your language skills with crosswords, anagrams, and cryptograms

Challenge your logical reasoning with Sudoku

Sharpen your spatial reasoning with mazes

Stretch your creative thinking with word problems

The puzzles get more difficult as you work through the book, and self-assessment quizzes help you gauge your progress. Pick up Brain Games #5, and add some muscle to your brain.

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