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Brain Games #3: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered))

By Editors of Publications International Ltd.



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Brain Games #3: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)) By Editors of Publications International Ltd.

Do you want to keep your brain sharp and focused? Here is a book for you: Brain Games #3: Lower Your Brain Age in Minutes a Day. Just as exercise can help keep your body fit and in shape, working puzzles and completing mental challenges can help keep your mind fit and healthy.

The mental challenges and puzzles in Brain Games #3 were produced under the guidance of Dr. Elkhonon Goldberg, a renowned professor of neurology. Just as no single exercise machine can give you a full workout, no one type of puzzle can fully exercise your brain. Puzzles of different types exercise different parts of the brain and can enhance these cognitive functions:

- Analysis
- Attention
- Computation
- Creative thinking
- General knowledge
- Language
- Logic
- Planning
- Problem solving
- Spatial planning
- Spatial reasoning
- Spatial visualization
- Visual search

Brain Games #3 includes the following types of puzzles that can enhance cognitive functions:

- Anagrams
- Crosswords
- Cryptograms
- Drawing exercises
- Language puzzles
- Logic puzzles
- Math puzzles
- Memory puzzles
- Mazes
- Observation and perspective puzzles
- Sequencing games
- Visual logic puzzles

Word searches

The puzzles and mental challenges in Brain Games #3 get more difficult as you work through the book, and self-assessment quizzes help you gauge your progress. The book is spiral-bound and easy to handle, regardless of whether you're at home, traveling, or waiting in line.

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Editorial Review

About the Author

For almost 20 years, Publications International Ltd (PIL) has been the go-to name for puzzle book and magazines, Brain Games®, that are both entertaining and mind building. Based on the recognized science that games train your brain to think quickly and creatively, BG puzzles cover all bases: logic, word puzzles, cognition, spot the difference, and more.

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