



Brain Games For Dummies

By Timothy E. Parker

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Brain Games For Dummies, Timothy E. Parker, 300 challenging puzzles to improve problem-solving skills and stimulate the brain. Studies have shown that puzzles like Sudoku, crosswords, cryptograms, and other "mental aerobics" can help reduce memory loss due to normal aging and minimize the risk of developing neurodegenerative diseases. Brain Games For Dummies features 300 fun mental exercises that will keep readers' neurons firing: 100 crossword puzzles, 75 Sudoku puzzles, 50 word searches, 25 word scrambles, 25 cryptograms, 15 riddles, and 10 logic puzzles, along with complete solutions. Ranked by level of difficulty (easy, tricky, tough, and treacherous), these puzzles are a surefire way to boost mental fitness. The book's portable trim size makes it perfect for playing on the go or during the commute home.

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