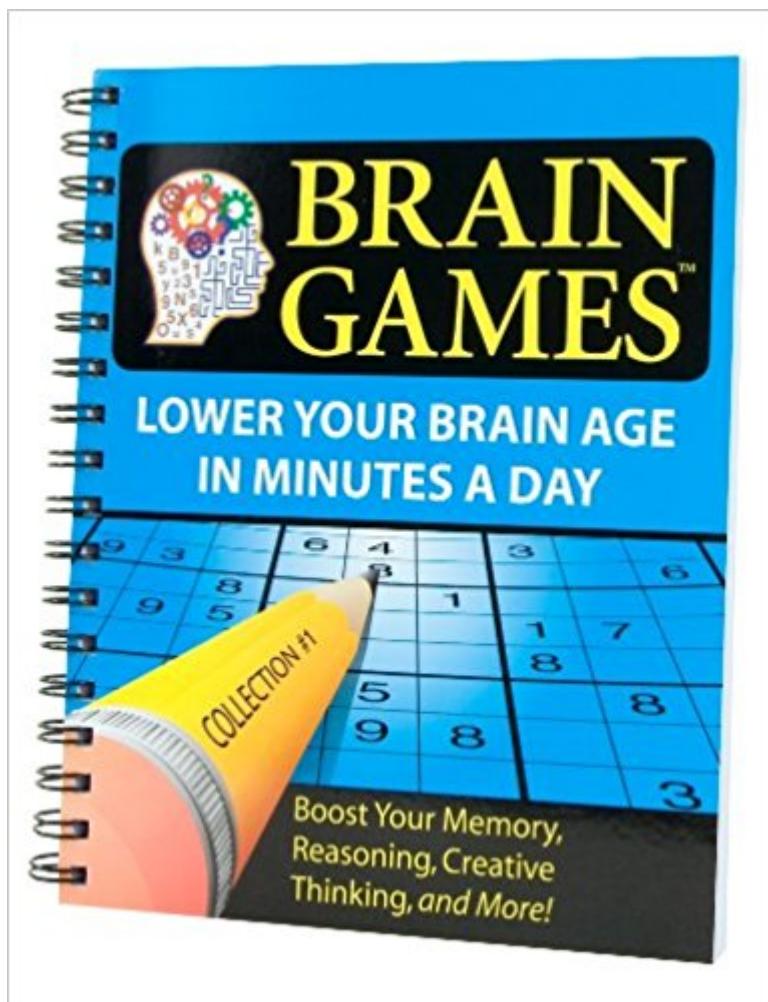


The book was found

Brain Games #1: Lower Your Brain Age In Minutes A Day (Brain Games (Numbered))



Synopsis

This is the first book in the popular Brain Games: Lower Your Brain Age in Minutes a Day series, which was developed to help people increase their memory, sharpen their reasoning, and expand their creative thinking. Working the puzzles in this book can provide a vigorous mental workout for virtually everyone from teenagers to senior citizens. * Check out the Table of Contents * Work these Sample PuzzlesThe book is divided into five sections of puzzles, each progressively more difficult. Self-assessment questionnaires help you gauge your progress, and solutions to all the puzzles are provided in the final section of the book. Like physical exercise, mental exercise needs to be varied for optimal results, and Brain Games #1 challenges you with puzzles of every type: * Anagrams * Crosswords * Cryptograms * Drawing Exercises * Language Puzzles * Logic Puzzles * Math Puzzles * Mazes * Memory * Observation and Perspective Puzzles * Sequencing * Visual Logic Puzzles * Word SearchesBrain Games: Lower Your Brain Age in Minutes a Day was developed in consultation with Elkhonon Goldberg, Ph.D., a neuropsychologist who created the Cognitive Enhancement Program, a fitness center for the brain. Mr. Goldberg is the author of *The Wisdom Paradox: How Your Mind Can Grow Stronger as Your Brain Grows Older*.

Book Information

Series: Brain Games (Numbered) (Book 1)

Spiral-bound: 192 pages

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Product Dimensions: 9 x 7.9 x 0.7 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (218 customer reviews)

Best Sellers Rank: #2,132 in Books (See Top 100 in Books) #3 inÂ Books > Humor & Entertainment > Puzzles & Games > Logic & Brain Teasers

Customer Reviews

I've tried several brain age-lowering books and products and think this one is the best. It has a wide variety of puzzles, so you don't find yourself doing Sudoku the whole time. Some of the verbal puzzles are unusual and really fun. The brain games are arranged in order from easiest to hardest, so you can gradually ease yourself into them, your mind growing progressively younger as you

make your way through the book. The spiral binding allows the book to lay flat, which is always a plus.

I got this recovering from a massive stroke (41 yrs old). At the time I couldn't speak or move my right side. I used this as a way to make my brain function again. It was helpful.

This book not only informs a person about brain health and how to improve it. It then tests for what level one is at and is chock full of exercises to help lower our brain age in minutes a day. The exercises vary with emphases on knowledge, attention, planning, spatial reasoning, computation, logic, visual search etc. It's the most beneficial book I own. I'm presently working on the exercises which keep getting more and more challenging. When finished, I'll be looking for a sequel or other books by Elkhonon Goldberg, PH.D.

Bit thick book of brain games. Well written explanations of what the games are supposed to do and what part of the brains are stimulated. Easy to use and get more challenging - should last a long time

This is a good book, but it fails to give any help if you might need an explanation as to how they arrived at the answer. So, you either know the stuff, and are just refreshing your brain, or else you never learned it and cannot do so now! It did get me looking up some things on the internet so I could reason it all out. lol

This book certainly gives your brain a mental workout! It has 5 levels of difficulty with a great variety of puzzles. However, I find it too difficult for the average person. I foresee many puzzles going untouched.

My mother has age-related dementia and used these books every day to stimulate her brain. Keeps her out of trouble!

I've been extensively studying the brain for two years now, and I've found that this book, along with others in this series, supports what neuroanatomists are telling us. It aids to continue creating new pathways in your brain. I really enjoy how the "games" increase in difficulty, thus making them more challenging. It also offers a variety of activities that prevents boredom--and will also allow you to be

selective. The end of the book--well,it contains all the answers!--that's a "safety-net" that I enjoyed about my BRAIN GAMES books.

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