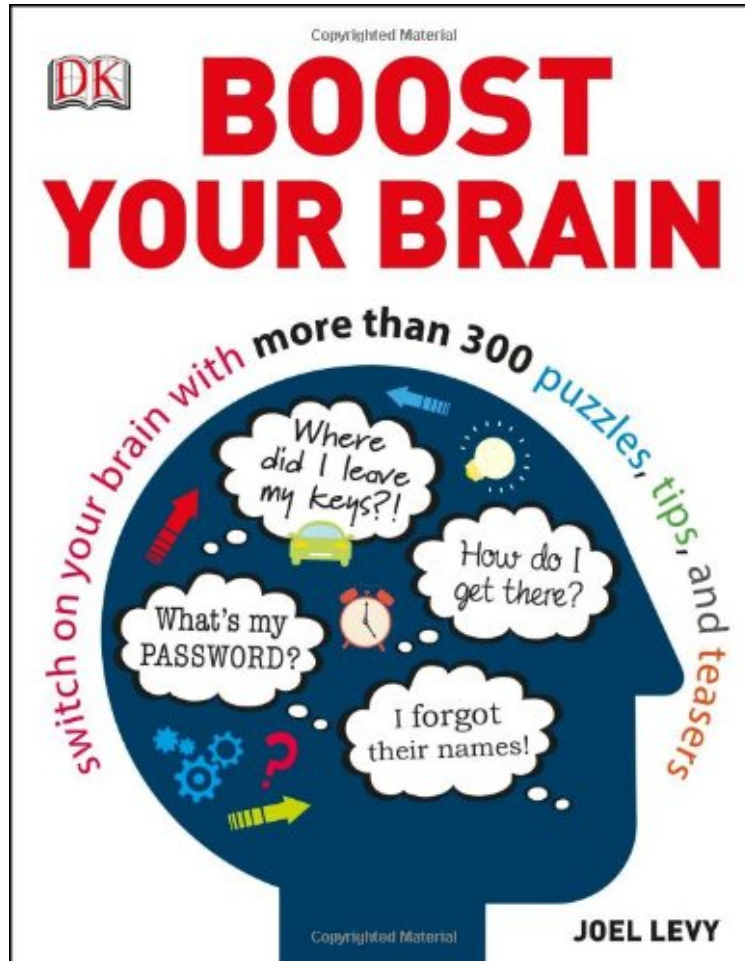


Boost Your Brain

Joel Levy

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Joel Levy : Boost Your Brain before purchasing it in order to gage whether or not it would be worth my time, and all praised Boost Your Brain:

0 of 0 people found the following review helpful. Five StarsBy MCW Millergrat service, great book0 of 0 people found the following review helpful. Expected moreBy Betty Lou MichelmanI purchased this for my sister who is starting to have problems remembering, but when I received it I see that it is too difficult for her. In fact, I had problems getting through the first chapter myself. . I gave it to her anyway and she couldn't even figure out to do the first puzzle without my help. guess I chose the wrong book, I need something more basic. Without me helping her with this book, she is getting too frustrated.0 of 0 people found the following review helpful. Boost Your Brain is a very fitting title for this bookBy CustomerThis is a great puzzle and logic book for an advanced math student or gifted learner. Keep in mind that this book is designed to be a supplement for those who already know most math concepts. I wouldn't recommend this book for just any type of learner. It is not meant to be a introductory textbook. As a

homeschool mom, I feel that these type of brain buster books are a priceless source of enrichment for my math-loving son. Logic problems such as the ones contained in this book are scientifically proven to help develop cognitive skills. The reviewer that stated problems 8.15 and 9.1 had incorrect solutions is wrong. The solutions are correct, as are all the problems my son and I have worked through. Personally, we love this book.

Packed with more than 300 challenging exercises, *Boost Your Brain* helps target the memory challenges of modern life, like remembering PIN numbers, passwords, and matching names with faces. With dynamic infographics, technique boxes, a scoring system, and at-home challenges, *Boost Your Brain* is a complete mental fitness regime in one book.

About the Author Joel Levy is a science writer and journalist with a special interest in psychology. His writing explores both mainstream and fringe psychology, from cognitive boosting to anomalous experiences. After taking degrees in molecular biology and psychology at Warwick and Edinburgh universities, he has gone on to write several books.