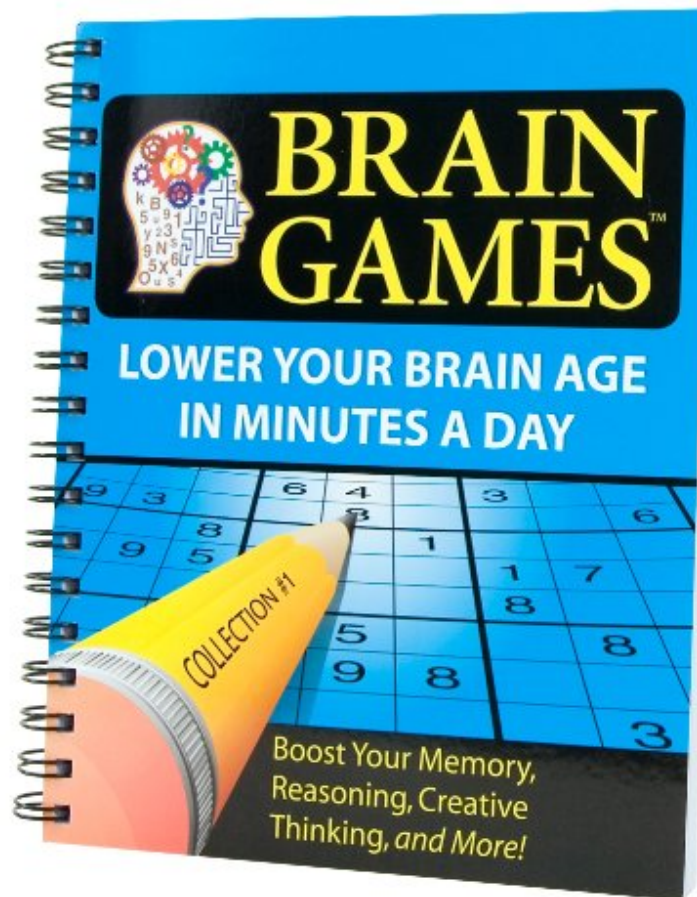


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#3697 in Books PUBLICATIONS INTERNATIONAL, LTD 2007-12-15 Original language: English PDF # 1
9.00 x .70 x 7.90, 1.00 #File Name: 1412714508192 pages Brain Games 1: Memory Reasoning Creative
Thinking more Category: Games Activities Learning Materials Critical Thinking | File size: 30.Mb

From PUBLICATIONS INTERNATIONAL, LTD : Brain Games #1: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Brain Games #1: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)):

238 of 240 people found the following review helpful. Perfect Puzzle Book By Elizabeth Allen I bought this book with my husband's account. There are already a lot of reviews so this will probably get lost in the mayhem, but I would like to share what I wish more book sellers would show and tell about their puzzle books, such as pictures of random pages and how many of each puzzle type is in the book so you can make sure you do not end up with a variety book filled with a hundred crosswords and only a handful of the more interesting outside the box puzzles. With my rough count,

there are about 215 puzzles in the entire book, which is about 170 pages. There are about 7 memory puzzles, 12 crosswords, 13 cryptograms, 13 mazes, 13 sudoku puzzles, 14 mathematical puzzles, 18 word searches, and a vast selection of other interesting puzzles. Overall, I think this is a wonderful book with a true assortment of fun puzzles that range from easier to harder as you go along. The spiral binding is a definite plus as you don't have to worry about holding open the book or folding back the pages to keep it open. The book also has a clear and large font on big pages. I recommend this book to anyone who loves pencil and paper puzzles, especially fans who are looking for some more challenging puzzles.

0 of 0 people found the following review helpful. The puzzles were good, there was a variety to select from. By Kristina Petrosino The puzzles were good, there was a variety to select from. I like how it labeled what each skill was being tested. It didn't seem like it increased in difficulty at each level (puzzles were labeled level 1, 2, or 3). Also the size is quite large - doesn't fit in a purse or pocket, would love a smaller version. Spiral bound was good feature due to size. Most importantly, I found the answer key frustrating - it didn't give any explanation or starting point for any of the logic puzzles. Would have loved a hint in the answer key or a quick explanation of how to solve it (eg the logic puzzle where you are filling in numbers or letters, a 'start here' or 'look for X characteristics' would have been helpful.) Otherwise you get to a certain point and can't go any further, and can't figure out how they got to the answer (and learn yourself). Will probably look for a different puzzle book next time.

0 of 0 people found the following review helpful. Nice Activity Book. By Lee-Han O My son is almost 5 and has been using this book a little after he turned 4. He loves the activities in this book. When we travel he does a few on the plane to keep his mind busy and at home he does a few a night just before bed. I do see that it keeps his mind fresh like how as adults we play brain games or Sudoku. I wish I could take a picture of the book but he hides it like it's a prized possession. It's great for kids with Autism (like mine) to do these activities because they so similar to what they will be doing in preschool.

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. The 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 Searches

Brain 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.

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.