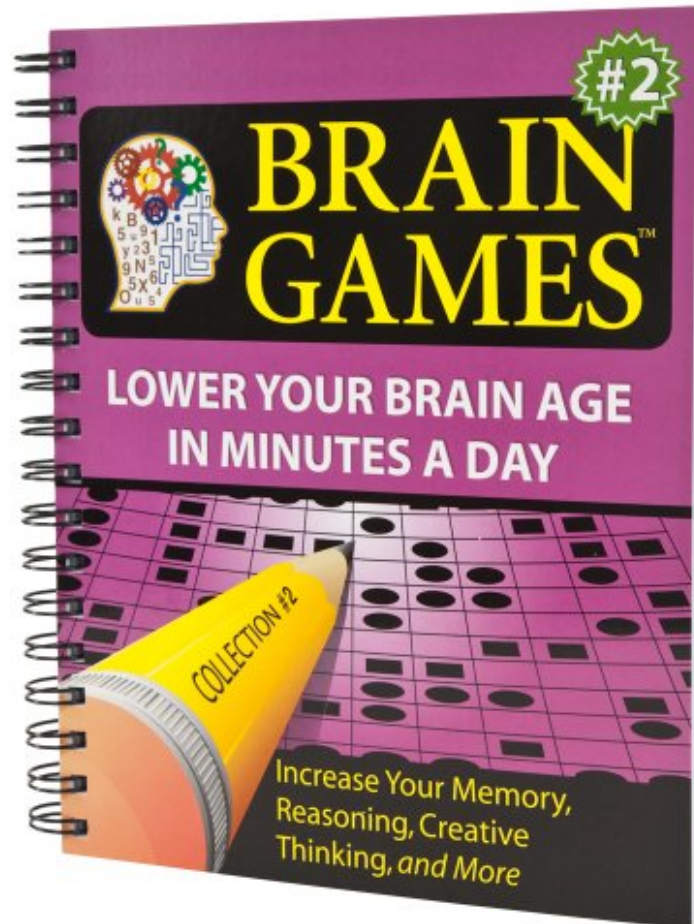


(Download) Brain Games #2: Lower Your Brain Age in Minutes a Day

Brain Games #2: Lower Your Brain Age in Minutes a Day

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Elkhonon Goldberg : Brain Games #2: Lower Your Brain Age in Minutes a Day before purchasing it in order to gage whether or not it would be worth my time, and all praised Brain Games #2: Lower Your Brain Age in Minutes a Day:

0 of 0 people found the following review helpful. #2 as good as the restBy My reviewI have bought all of the Brain Games books and love them. I have a tendency to do the same types of puzzles (Sudoku, crossword), but these books force me to do a variety of brain games. They are easy to take with me when I travel. The puzzles in them are varied and so much fun to complete. The books also have valuable information about the brain from the author who is a neuropsychologist.1 of 1 people found the following review helpful. A nice set of diverse puzzles that becomes progressively more challengingBy F. MoyerThis book has about 215 puzzles. What I like about the Brain-Game books

is that there is a mix of puzzle types. Like the 1st book, the puzzles of this 2nd book get progressively more difficult as you work your way through the book. I felt this 2nd set of puzzles was somewhat more difficult than the 1st set of puzzles, and I felt the mix of puzzle types was a bit different as well (containing a bit more rhyme and Sudoku puzzles). The book categorizes the puzzles into one or more of the following types: General Knowledge Creative Thinking Language Logic Computation Analysis Planning Spatial Realization Visual Search Attention Spatial Visualization (This is just draw the mirror image, which I did not care for) 0 of 0 people found the following review helpful. What a great puzzle book for teenagers as well as adults By Leslie What a great puzzle book for teenagers as well as adults. It has a variety of puzzles and brain teasers to really make you think. We love to sit around and do this as a family or sometimes we work on our own depending on the puzzle. Makes a great gift for someone that likes to keep their brain active. Challenging but not to the point of being frustrated so you just want to quit. It came up as promised and was a great buying experience.

Science has shown that exercising your brain can make it work more efficiently. Brain Games #2: Lower Your Brain Age in Minutes a Day is packed with mental challenges and puzzles that can keep your mind young and fit. The book, part of the popular Brain Games series, was 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 mental challenge or puzzle will 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 Spatial reasoning Spatial visualization Visual search Brain Games #2 includes the following types of mental challenges and puzzles for full cognitive workouts: Anagrams Crosswords Cryptograms Drawing exercises Language puzzles Math puzzles Mazes Observation and perspective puzzles Sequencing games Visual logic puzzles Word searches The mental challenges and puzzles in Brain Games #2 get more difficult as you work through the book, and self-assessment quizzes help you gauge your progress. The book additionally includes helpful information about brain fitness overall, as well as tips on getting the most out of the puzzles. The book is spiral-bound and easy to handle, regardless of whether you're at home, traveling, on a cruise ship, or waiting in line.