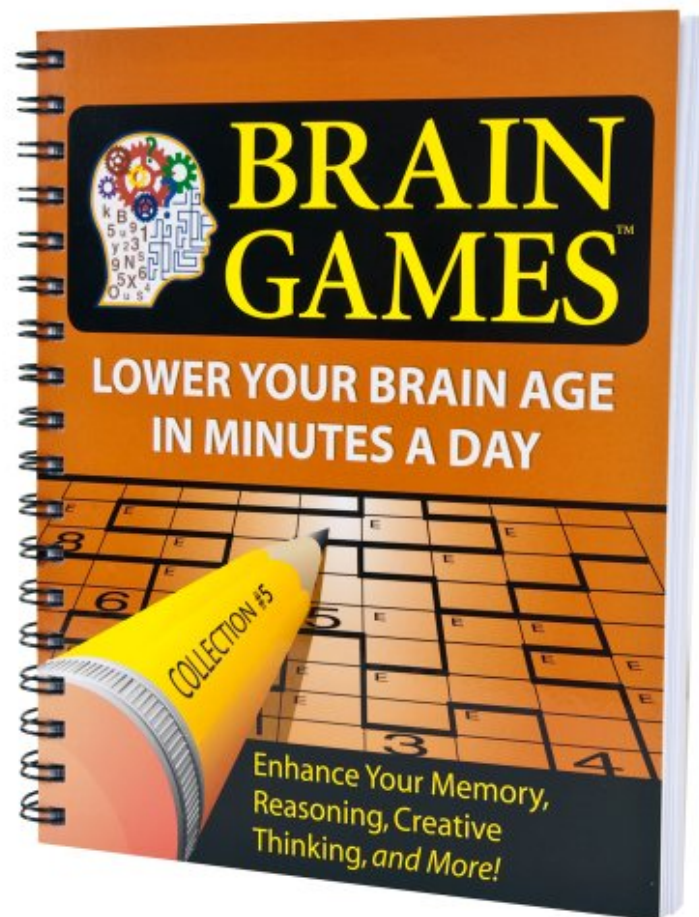


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Brain Games #5: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered))

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Editors of Publications International Ltd. : Brain Games #5: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)) before purchasing it in order to gage whether or not it would be worth my time, and all praised Brain Games #5: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)):

0 of 0 people found the following review helpful. Five StarsBy Sandra MassaroGreat games and fun.5 of 5 people found the following review helpful. These are the best!By S. BushAfter my husband had a brain injury, he received a version/edition of this book. Although it was a bit over his depth of comprehension, he didn't enjoy trying to learn something new or different (as compared to word searches). I found the book to be a useful tool in pulling my brain out of its mental fog. On the first go-through, I completed the things that came easy to me. On the second go-through, I found I had better comprehension, and was able to complete almost every page. I am working on my 4th

version/edition, and absolutely love these books. Highly recommend them for anyone who wants to freshen up their skills and/or sharpen their mental capabilities. 0 of 0 people found the following review helpful. Five Stars
By Nodrog
This is perfect.

Scientific research shows that the brain is far more malleable than previously suspected, and that it's capable of adding new neurons even at an advanced age. But just as with your muscles, you have to exercise your brain regularly to keep it in tip-top shape. Brain Games #5 is packed with brain-exercising puzzles that will give your brain a good workout -- all produced under the guidance of Dr. Elkhonon Goldberg, a renowned professor of neurology. Just as no single exercise machine will give you a full workout, no one type of puzzle will fully exercise your brain. In this book, you'll find a variety of different puzzles, each tailored to exercise a different part of the brain. - Hone your language skills with crosswords, anagrams, and cryptograms - Challenge your logical reasoning with Sudoku - Sharpen your spatial reasoning with mazes - Stretch your creative thinking with word problems
The puzzles get more difficult as you work through the book, and self-assessment quizzes help you gauge your progress. Pick up Brain Games #5, and add some muscle to your brain.