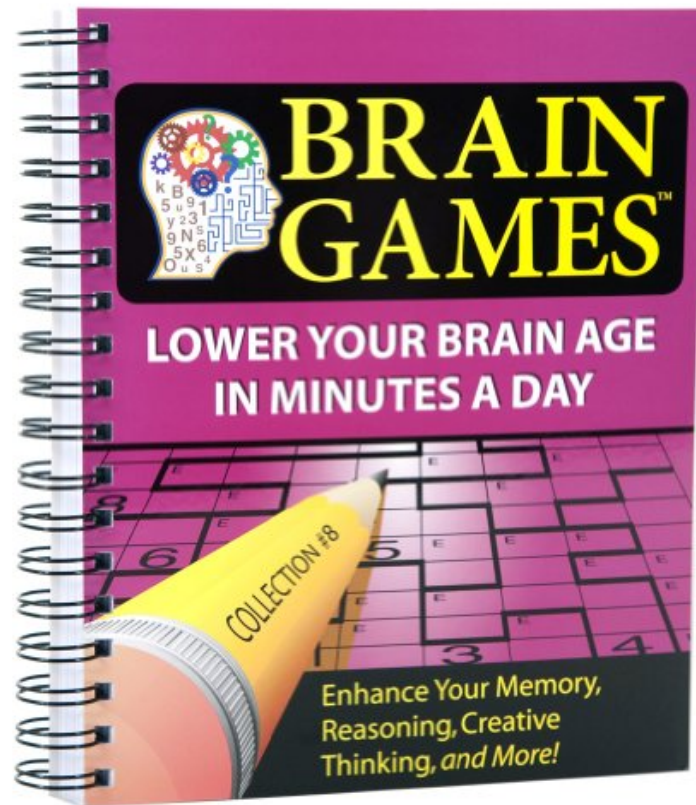


(Ebook free) Brain Games #8: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered))

## Brain Games #8: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered))

*Editors of Publications International Ltd.  
DOC | \*audiobook | ebooks | Download PDF | ePub*



DOWNLOAD



READ ONLINE

#1269225 in Books 2010-02-04Original language:EnglishPDF # 1 .99 x 7.93 x 8.76l, 1.19 #File Name: 1412745462192 pages | File size: 54.Mb

**Editors of Publications International Ltd. : Brain Games #8: 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 #8: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)):

4 of 4 people found the following review helpful. Excellence as usual!By Ashley ParnellI own the entire Brain Games collection and this edition is just as enjoyable as the others! There's plenty of variety in the puzzles. This book is addicting! So much fun for everyone! If you love puzzles, this book is for you!!!And in response to the review saying that there are typos in some of the puzzles, I completely disagree. In my copy, there is NOT a single typo, every puzzle is excellent and completely solvable! I am sorry to the customer who wrote that review, because my copy is typo free and great and I hope they will give the other Brain Game books a chance because they really are the best puzzle books out there!!! of 1 people found the following review helpful. Reasonably Priced Stocking StufferBy Enjoy LearningFor gifting, it is nice to give a gift that can be used for a long time period. The book has diverse games/puzzles and presents some challenges.For gifting, it is nice to give a gift that can be used for a long time period. The book has

diverse games/puzzles and presents some challenges. It was a reasonably priced and a nice stocking stuffer that will provide many hours of fun and challenges. 1 of 1 people found the following review helpful. Wow! By Lorinda I am an almost-50-year-old woman who is interested in creating new brain pathways, keeping the gray matter pliable, and the thought processes nimble. This book is definitely a step or two in the right direction toward that goal! Recommended for anyone who enjoys all kinds of puzzles: word, number, logic, etc.

Scientific research shows that a human brain needs regular exercise and activity to maintain its health. Not only do the mental challenges and puzzles in *Brain Games #8: Lower Your Brain Age in Minutes a Day* give you a complete mental workout, they also provide hours of entertainment. The book, part of the highly popular *Brain Games* series, is designed to make you feel the burn (mentally, of course) by working different cognitive functions. Just as no single exercise can give you a full workout, no one type of puzzle can fully exercise your brain. Puzzles of different types stretch different parts of the brain and can enhance the following cognitive functions: Analysis Attention Computation Creative thinking General knowledge Language Logic Planning Problem solving Spatial planning Spatial reasoning Spatial visualization Visual logic Visual search. *Brain Games #8* has a wide assortment of mental challenges and puzzles designed to cross-train your brain for peak performance. Here is a list of what you will find: Anagrams Crosswords Cryptograms Drawing exercises Language puzzles Logic puzzles Math puzzles Memory puzzles Mazes Observation and perspective puzzles Sequencing games Sudoku Visual logic puzzles Word searches. The mental challenges and puzzles in *Brain Games #8* get more difficult as you work through the book, and self-assessment quizzes help you gauge your progress. The book is spiral-bound and easy to handle. Use it any time to boost your concentration, logic, and reasoning.