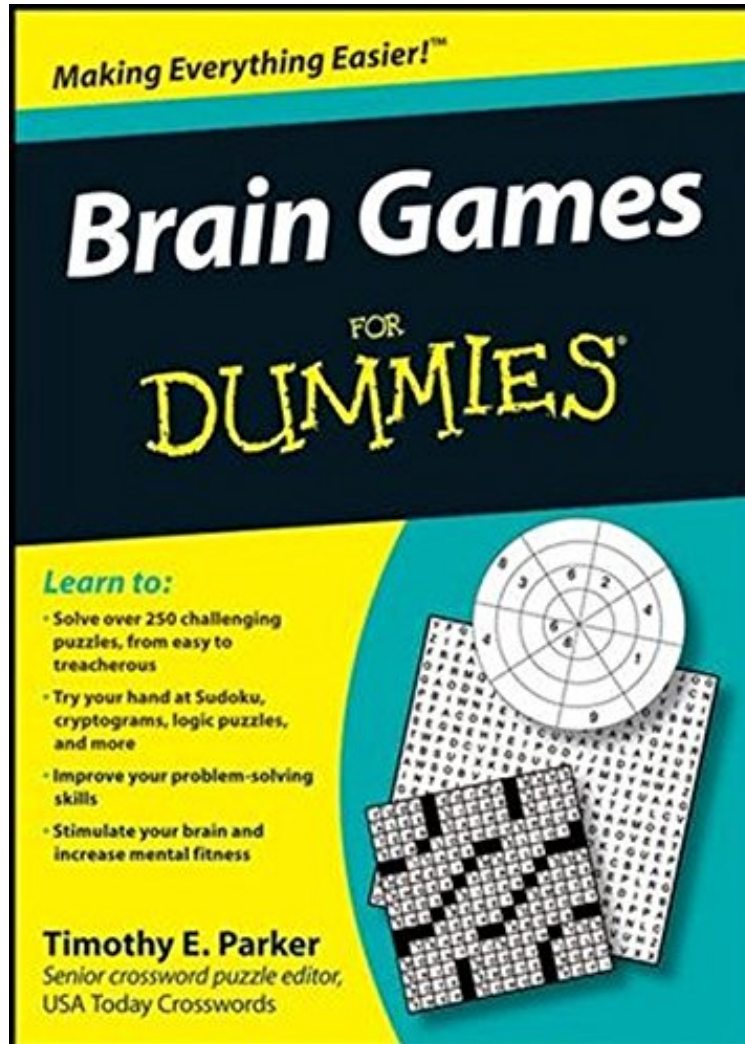


# Brain Games For Dummies

Timothy E. Parker

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#2659269 in Books 2008-09-29 Original language: English PDF # 1 7.00 x .88 x 5.051, .72 #File Name: 0470373784432 pages | File size: 79.Mb

**Timothy E. Parker : Brain Games For Dummies** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Brain Games For Dummies:

2 of 2 people found the following review helpful. Brain Games for Dummies is too narrowly devised. By the \_dog\_father\_mikeout of 426 pages of puzzles there were merely about 30 pages of introduction and explanation and another 20 pages of Logic, Riddles, Cryptograms, and Word Scrambles, all the remaining pages were solely Word Search, Crossword and Sudoku puzzles which are intensively overwhelming, monotonous, and too narrowly concentrating on those aspects of brain stimulation. I was hoping for more brain enhancement through more and varied variety. the worst part is that too many of the questions in the crosswords are merely trivia that only a very limited audience would have any idea as to what they were related to. 0 of 0 people found the following review helpful. While

the material is good, it is easily found in other places for ...By M. BuckwalterGot this for my husband. While the material is good, it is easily found in other places for free. Also the copy we got has a number of pages already marked up. Hardly new!  
0 of 0 people found the following review helpful. Just what i wantedBy Reggie MorrisYes...this was exactly what i expected and wanted!

300 challenging puzzles to improve problem-solving skills and stimulate the brain Studies have shown that puzzles like Sudoku, crosswords, cryptograms, and other "mental aerobics" can help reduce memory loss due to normal aging and minimize the risk of developing neurodegenerative diseases. Brain Games For Dummies features 300 fun mental exercises that will keep readers' neurons firing: 100 crossword puzzles, 75 Sudoku puzzles, 50 word searches, 25 word scrambles, 25 cryptograms, 15 riddles, and 10 logic puzzles, along with complete solutions. Ranked by level of difficulty (easy, tricky, tough, and treacherous), these puzzles are a surefire way to boost mental fitness. The book's portable trim size makes it perfect for playing on the go or during the commute home.

From the Back CoverPerfect your puzzle-solving skills and boost your brain power at the same time! Always wanted to solve Sudoku? Think you're up for the challenge of cryptograms? This puzzle-packed guide is bursting with fun exercises that will give you hours of enjoyment as well as a great mental workout! From riddles to word searches to crosswords, you'll find savvy strategies for solving even the trickiest of puzzles. Prepare your puzzle strategies get to know the different types of puzzles and the best ways to solve them Learn the importance of mental exercise see how (and why) to improve your cognitive fitness through puzzle-solving Jump into the game solve crosswords, tackle word searches and scrambles, take on Sudoku, figure out logic puzzles, and more Master various difficulty levels work your way through the easy puzzles first, then move to the tricky, tough, and truly treacherous! Understand the answers see how each puzzle is solved (but try to resist peeking!) Open the book and find: Crosswords Word searches Word scrambles Cryptograms Sudoku Riddles Logic puzzles Tips for keeping your mind sharp Information on other fun games and puzzles to try About the AuthorTimothy E. Parker is the "World's Most Syndicated Puzzle Compiler," according to Guinness World Records. He is also the creator and senior editor of the Internet's Universal Crossword, the author of the annual bestselling USA Today Crossword Calendar, and the Puzzle Producer for Merv Griffin's Crosswords.