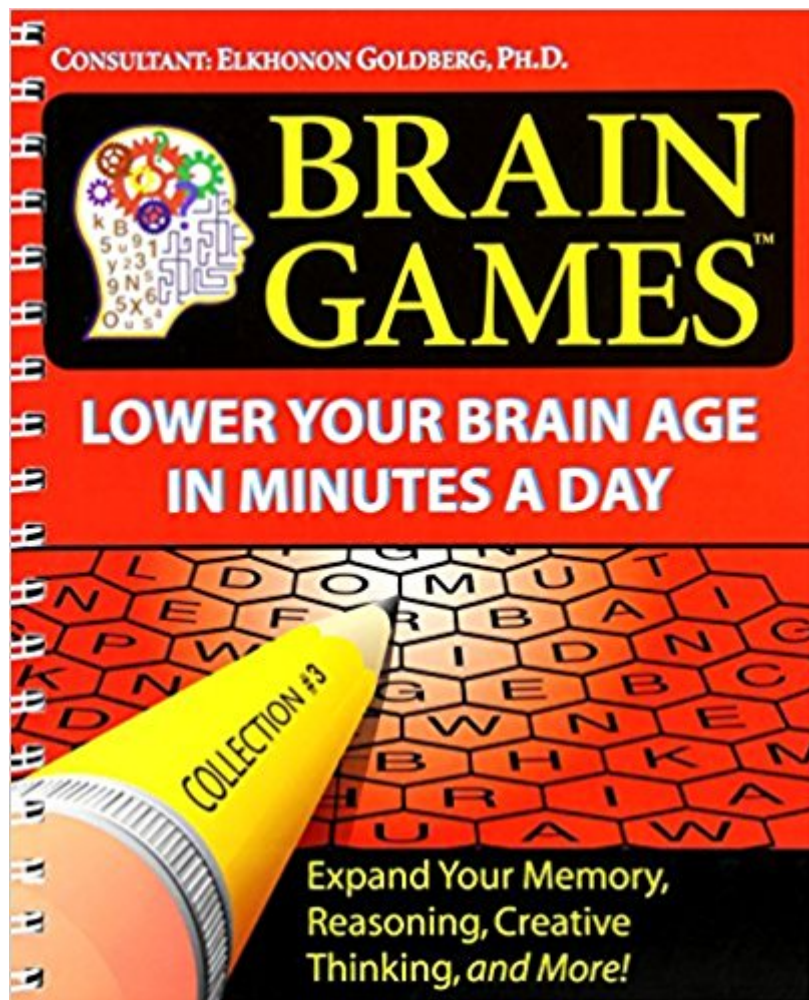




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Brain Games #3: Lower Your Brain Age In Minutes A Day (Brain Games (Numbered))



Synopsis

Do you want to keep your brain sharp and focused? Here is a book for you: Brain Games #3: Lower Your Brain Age in Minutes a Day. Just as exercise can help keep your body fit and in shape, working puzzles and completing mental challenges can help keep your mind fit and healthy. The mental challenges and puzzles in Brain Games #3 were 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 puzzle can 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 Problem solving Spatial planning Spatial reasoning Spatial visualization Visual search Brain Games #3 includes the following types of puzzles that can enhance cognitive functions: Anagrams Crosswords Cryptograms Drawing exercises Language puzzles Logic puzzles Math puzzles Memory puzzles Mazes Observation and perspective puzzles Sequencing games Visual logic puzzles Word searches The puzzles and mental challenges in Brain Games #3 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, regardless of whether you're at home, traveling, or waiting in line.

Book Information

Series: Brain Games (Numbered) (Book 3)

Spiral-bound: 192 pages

Publisher: Publications International, Ltd.; Spi edition (December 15, 2007)

Language: English

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ISBN-13: 978-1412714525

Product Dimensions: 7.3 x 0.6 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 601 customer reviews

Best Sellers Rank: #21,993 in Books (See Top 100 in Books) #22 in Books > Humor & Entertainment > Puzzles & Games > Logic & Brain Teasers #34 in Books > Humor & Entertainment > Puzzles & Games > Puzzles

Customer Reviews

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.

This is a fantastic book for our 6 year old. I just noticed now that they suggest it for 9 year olds / 4th graders. I think it can totally skew younger. Some games/challenges she doesn't understand, but she asks us and we explain it, and then she learns something new. The word searches and mazes and many others she can do independently. This book has accompanied us in airports, on planes, at restaurants, in the car, even at home, and she's totally engrossed. Love it. Final anecdote: We were sitting in a restaurant last week, and this nice couple next to us were getting up from their table after paying their bill. They leaned over, and I had that brief moment of 'hope our family dinner didn't kill your date vibe', but this is what they said: "We eat here every week, and this is the very first time we've seen a child without an iPad. What's she working on? So great to see a child without an iPad, and to see the parents talking to their kid too." Lol. I'm buying more!

I bought this book for my 6 year-old niece and my 11 year-old niece. Turns out that the book is perfect for both. The easier puzzles are perfect for my younger left brained niece and the more difficult ones are great for my 11 year-old. I highly recommend it as a traveling companion - I got it for my nieces for just that reason - my sister-in-law said it kept them busy for literally hours on their trans-continental flights!

I recently gifted this to my mother. She really likes the big font but there is one problem, the puzzles are a little on the easy side. I have no regrets making the purchase as she truly enjoys looking for

the words but I have to say it is not something that takes her long. Even my father was able to finish one page in 5 mins and he isn't an avid word searcher like my mom. In the future I would like it if there were more difficult puzzles b/c being slightly blind doesn't mean you can't do more challenging puzzles.

Thick, paperback book featuring close to 200 pages of brain games for children including a variety of different puzzles, mazes, and word searches. The educational exercises are meant to promote and improve a child's creative thinking, language skills, and analytical reasoning, in addition to many other areas of learning. The book ranks the puzzles by level of difficulty and also includes solutions in the back. I purchased this book as a gift for my 15 year old sister. She said it was stimulating, entertaining, and educational - good for long trips.

My sister loves talking in the car... Which is cute because she's little but sometimes we just need a little quiet on those early morning, stressful rides everywhere - this really helped her keep her mind going. It also was nice helping her with them if we ever needed to wait in the car for extended periods of time to give her something to do. I just stuffed this book in the back seat with some other stuff and it worked out great. Lots and lots of puzzles, it lasted a while, I didn't expect it to be such a hit.

My 3 year old LOVES question booklets like this. I knew it'd be a hit. This one is pretty straight forward, 4 questions on the front and answers on the next page. Really cute and also I love the size of the questions and book. The questions are age appropriate I'd say, some are easier than others. I'd recommend!

Got this book for my husband since he loves brain teasers and puzzles. He keeps it beside the bed and does a few pages at time whenever he's in the mood. Nice little time passer for a brainy type of person.

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Games
#1: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)) Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain)
Brain Games
Lower Your Brain Age - Word Search The Everything DASH Diet Cookbook:

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