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Brain Games #3 Lower Your Brain Age in Minutes a Day Brain Games Numbered

By Publications International Staff

Publications International, Ltd. No binding. Book Condition: New. Spiral-bound. 192 pages. Dimensions: 9.0in. x 7.8in. x 1.1in. 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...



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