



Brain Games #3: Lower Your Brain Age in Minutes a Day (Brain Games (Unnumbered))

Elkhonon Goldberg

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Are you looking for a way to keep your brain sharp and focused? Just as exercise can help keep your body fit and in shape, completing puzzles can help keep your MIND fit and healthy. This book includes visual puzzles to engage your spatial reasoning, word jigsaws to test your spatial planning and language skills; it also includes word problems and number crosswords to work your logic and computation skills. The self-assessment questionnaires will help gauge your improving mental flexibility and show progress as you move through each chapter in the book. So get started today and expand your memory, reasoning, creativity, thinking and more.

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