



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

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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.

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