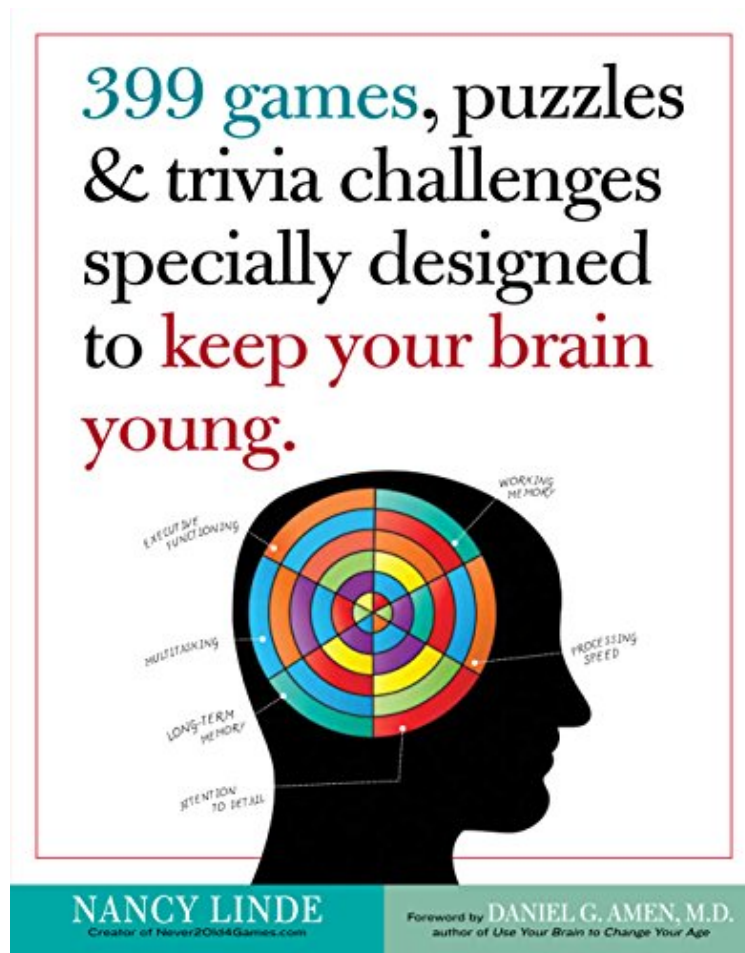


[PDF] 399 Games, Puzzles Trivia Challenges Specially Designed to Keep Your Brain Young.

399 Games, Puzzles Trivia Challenges Specially Designed to Keep Your Brain Young.

Nancy Linde

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#971 in Books Workman Publishing 2012-09-25 Original language: English PDF # 1 9.19 x 1.06 x 7.251, 1.85 #File Name: 0761168257424 pages People who solve word games brainteasers hold significant cognitive advantage over those who don't? The illustrated game book specifically created to cross-train the brain Fun games to stretch, challenge and engage your clients, which stimulate the formation of neurons Arranged from easiest to most difficult, labeled according to cognitive functions they exercise | File size: 46.Mb

Nancy Linde : 399 Games, Puzzles Trivia Challenges Specially Designed to Keep Your Brain Young. before purchasing it in order to gage whether or not it would be worth my time, and all praised 399 Games, Puzzles Trivia Challenges Specially Designed to Keep Your Brain Young.:

74 of 77 people found the following review helpful. A mixed bag of fun challenges + ridiculously outdated trivia By Kindlewaiter We highly recommend half of this book. It's full of challenges that are accessible by almost anyone, and there's a lot of variety. For instance, you might be given two different word definitions have to name a homonym set that fits. Or you might be tasked with listing 26 different color names, one for each letter of the alphabet. Or come up

with a list of words that begin with the prefix "ant-" based on various clues. We find these types of puzzles both challenging genuinely fun. And for most of them, they're the types of challenges that you can read aloud to a group--or to a significant other--to enjoyably while away a long road trip. But then there's the other half of the book. That's the half filled with some of the most useless trivia from long gone eras. You might be asked about a wealthy socialite from the 1920s, or a slightly famous murder trial that took place during the Great Depression. Occasionally there are questions from the 1990s or--even more rarely--from the 2000s. But these are few far between. For the most part, you'll get a lot of questions that you're really only likely to know if you lived during the early-to-mid 20th century. In retrospect, the cover text is very revealing: the book claims these puzzles were designed to "keep your brain young." That makes sense if it was written with an older audience in mind. Bottom line: if you were born in the 1940s and enjoy word puzzles trivia, it's a no-brainer to buy this book--you'll probably enjoy every page. If you were born in the 1970s, you're going to struggle a lot but you'll still get a lot out of it. And if you were born in the 1990s or later: enjoy the word challenges, but prepare to skip many, many pages roll your eyes a lot.

5 of 6 people found the following review helpful. How do you exercise your brain or help a love one? By HODGEPOD GESPVI got this for my sister in Austin when I called to ask her what she thought, she reported how great she thought it was with tons of goodies inside. She likes books she can hold in her hands. Here's the thing, some people think reading is a good way to exercise the brain. Turns out that is not necessarily so. Games like hidden objects, puzzles or solitaire or chess or card games may do a better job as they are always changing. My mom was an avid solitaire player. She only learned how to use the computer so she could play faster there. She lived to be 92 and was as bright as a penny until the moment of her passing. I carry games on my smart phone while I'm waiting for my husband or a doctor or eating alone or... If this book isn't for you, you might want to think about gifting it to someone else. Based on my sister's report, this is a good book!

2 of 2 people found the following review helpful. Wide Variety of Puzzles in a Hefty Paperback By KB33A good variety of word puzzles that can be done rapid-fire like a game show while sitting around the campfire or in a car on a road trip. I have taken this book and Will Shortz's Puzzlemasters and Brain Busters on several adult camping/backpacking/rafting/hiking trips and they are always crowd pleasers!!!! The only negative is this book's size....it's pretty darn thick and heavy so it adds some serious bulk to your pack!!

Based on the science that shows that people middle-aged or older who solve word games and brainteasers have a significant cognitive advantage over those who do not, 399 Games, Puzzles Trivia Challenges is the illustrated game book specifically created to cross-train the brain. Here are 399 games to stretch, challenge, and push the reader, all of which stimulate the formation of neurons literally, regrowing the brain. Plus they're not only good for you, but just plain good--these games are fun. 399 Games, Puzzles Trivia is a lively mix of challenges, riddles, and brainteasers all vetted by a neuroscientist who specializes in aging brains and designed to work the six key areas of cognitive function that are vulnerable in normal aging: long-term memory, working memory, executive functioning, attention to detail, multitasking, and processing speed. The games are arranged from easiest to most difficult and are labeled according to which cognitive functions they exercise so they can be mixed and matched into a custom workout. In just 15 minutes a day, anyone can improve his brain's strength, flexibility, and long-term health.

About the Author Nancy Linde created and runs Never2Old4Games.com, an online subscription service for activities professionals working with senior citizens at assisted living residences, retirement communities, senior centers, and other senior-serving organizations. She has produced, written, and directed more than a dozen documentary films, including for the PBS series NOVA. She lives near Boston, Massachusetts.