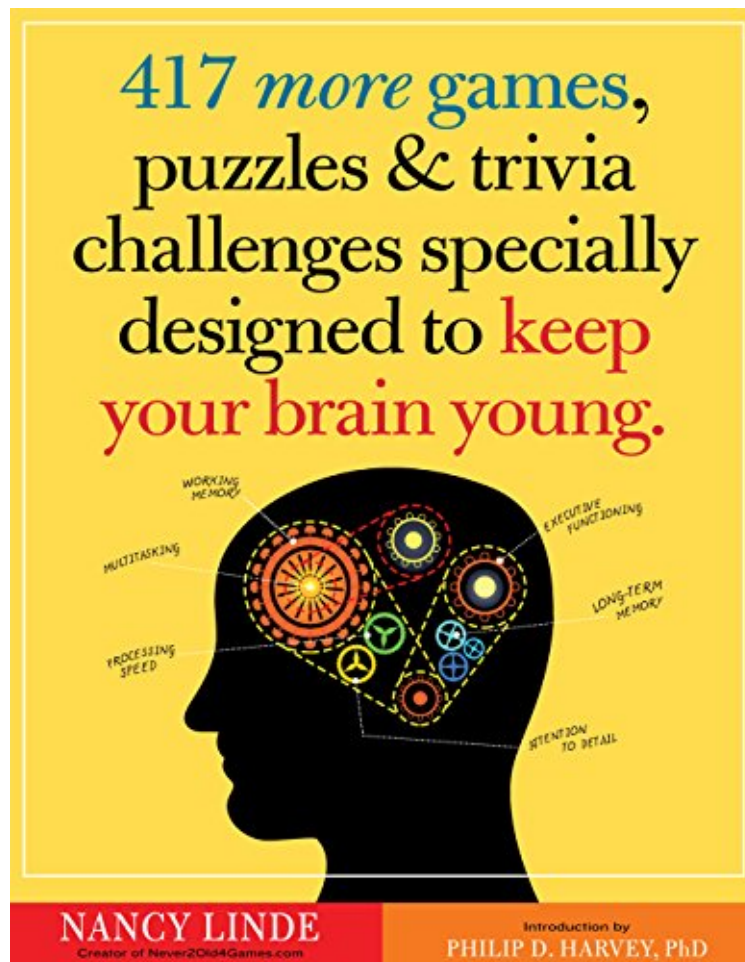


417 More Games, Puzzles Trivia Challenges Specially Designed to Keep Your Brain Young

Nancy Linde

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#16107 in Books Workman Publishing 2016-10-18 Original language: English PDF # 1 9.30 x .90 x 7.30l, 1.00 #File Name: 0761187405424 pages Cross-Train Your Brain Mental exercises aimed at improving 6 key cognitive functions. Puzzles, games, challenges to improve mental acuity | File size: 69.Mb

Nancy Linde : 417 More Games, Puzzles Trivia Challenges Specially Designed to Keep Your Brain Young before purchasing it in order to gauge whether or not it would be worth my time, and all praised 417 More Games, Puzzles Trivia Challenges Specially Designed to Keep Your Brain Young:

4 of 4 people found the following review helpful. Like the first book By Melissa A must have for when the power goes out or television just isn't cutting it. Like the first book, this is a lot of fun. For those who don't find thinking an entertaining pass time, this book may not cut it for them. But I thoroughly enjoy it. Hope Ms. Linde keeps putting out more. 4 of 4 people found the following review helpful. Good puzzle book to keep brain challenged. By minkiz This is a great puzzle book to do in your down time. However, most of the puzzles are related to United States history, entertainment, images, etc. (particularly U.S. Presidents). Personally not an issue, but something to consider. 3 of 3

people found the following review helpful. Hours of Fun for the Whole Family! By melromLove this book! Originally got it as a gift for my dad who is retiring soon but couldn't put it down once it came! Ordered him another copy. Very fun, variety of puzzles. My only criticism is that he's a lot more math/logic oriented and this one has a lot of wordplay puzzles, but it's super fun! He and my mom jokingly fight over who gets to do the next one. Glad I bought this!

Cross-train your brain! Exercising the brain is like exercising the body with the right program, you can keep your brain young, strong, agile, and adaptable. And like the most effective exercise, you don't target just one area. This follow-up to the bestselling *399 Games, Puzzles Trivia Challenges Specially Designed to Keep Your Brain Young*, offers 417 games that target six key cognitive functions. Here are games to improve long-term memory and games to flex working memory. Games for executive functioning, for attention to detail, for multitasking, and for processing speed. There are puzzles, trivia quizzes, visual challenges, brainteasers, and word games. Best of all, they're fun! This is the kind of exercise that you'll want to do and all it takes is ten to fifteen minutes a day for a full workout.

From the Back Cover It's never too late to improve your brain. Achieving and maintaining a higher level of mental fitness can be surprisingly fun—and to your brain, it's healthy exercise. In this follow-up volume to her bestselling *399 Games, Puzzles Trivia Challenges Specially Designed to Keep Your Brain Young*, Nancy Linde offers a brand-new collection of puzzles, trivia challenges, brainteasers, and word games that are not only great fun to do but specifically designed to give your brain the kind of workout that stimulates neurogenesis, the process that allows the brain to grow new cells. This is the kind of exercise you'll want to do, and all it takes is 10 to 15 minutes a day for a full workout.