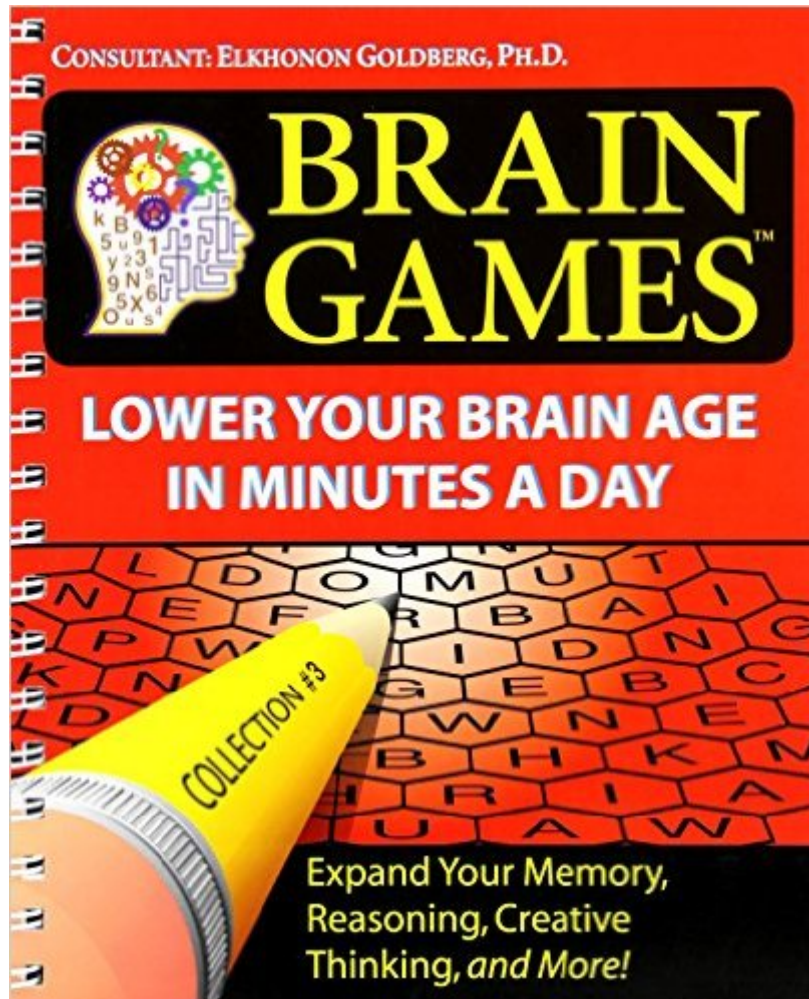


The book was found

Brain Games #3: Lower Your Brain Age In Minutes A Day (Brain Games (Numbered))



Synopsis

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 you work through the book, and self-assessment quizzes help you gauge your progress. The book is spiral-bound and easy to handle, regardless of whether you're at home, traveling, or waiting in line.

Book Information

Series: *Brain Games (Numbered)* (Book 3)

Spiral-bound: 192 pages

Publisher: Publications International, Ltd.; Spi edition (December 15, 2007)

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ISBN-13: 978-1412714525

Product Dimensions: 7.3 x 0.6 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (218 customer reviews)

Best Sellers Rank: #23,814 in Books (See Top 100 in Books) #33 in [Books > Humor &](#)

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Customer Reviews

I've tried several brain age-lowering books and products and think this one is the best. It has a wide variety of puzzles, so you don't find yourself doing Sudoku the whole time. Some of the verbal

puzzles are unusual and really fun. The brain games are arranged in order from easiest to hardest, so you can gradually ease yourself into them, your mind growing progressively younger as you make your way through the book. The spiral binding allows the book to lay flat, which is always a plus.

I got this recovering from a massive stroke (41 yrs old). At the time I couldn't speak or move my right side. I used this as a way to make my brain function again. It was helpful.

This book not only informs a person about brain health and how to improve it. It then tests for what level one is in at and is chock full of exercises to help lower our brain age in minutes a day. The exercises vary with emphases on knowledge, attention, planning, spatial reasoning, computation, logic, visual search etc. It's the most beneficial book I own. I'm presently working on the exercises which keep getting more and more challenging. when finished, I'll be looking for a sequel or other books by Elkhonon Goldberg, PH.D.

Bit thick book of brain games. Well written explanations of what the games are supposed to do and what part of the brains are stimulated. Easy to use and get more challenging - should last a long time

This is a good book, but it fails to give any help if you might need an explanation as to how they arrived at the answer. So, you either know the stuff, and are just refreshing your brain, or else you never learned it and cannot do so now! It did get me looking up some things on the internet so I could reason it all out. lol

This book certainly gives your brain a mental workout! It has 5 levels of difficulty with a great variety of puzzles. However, I find it too difficult for the average person. I foresee many puzzles going untouched.

My mother has age-related dementia and used these books every day to stimulate her brain. Keeps her out of trouble!

I've been extensively studying the brain for two years now, and I've found that this book, along with others in this series, supports what neuroanatomists are telling us. It aids to continue creating new

pathways in your brain. I really enjoy how the "games" increase in difficulty, thus making them more challenging. It also offers a variety of activities that prevents boredom--and will also allow you to be selective. The end of the book--well,it contains all the answers!--that's a "safety-net" that I enjoyed about my BRAIN GAMES books.

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