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# Sudoku Game-Player's Guide



## Synopsis

Are you looking for a fun yet constructive way to spend your free time anywhere and at any time? Sudoku is a number puzzle game that uses logic, observations and memory to solve. This type of puzzle is designed in such a way that it will keep your mind occupied and give you a great sense of achievement once you have completed a puzzle. It has been proven that regularly playing Sudoku games has several behavioral, mental as well as health benefit. It is known to improve memory capacity, speed up ones logical thinking, reduces symptoms of mental relates disorders such as Schizophrenia and diseases such as Alzimerâ™s, helps one avoid situations that lead into trouble and it also helps release stress as it is fun. Sudoku has become a very popular game worldwide over the past few years. This game is very accessible; it is often printed in a variety of magazines, newspapers and puzzle books, there are Sudoku game applications for both personal computers and mobile phones and this game can be played online as well. Sudoku is a very flexible game as it does not need to be played in any specific place and it only needs a single player at a time.

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## Customer Reviews

i have always loved Sudoku. its a fun way to use your brain and it makes time fly really fast.

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