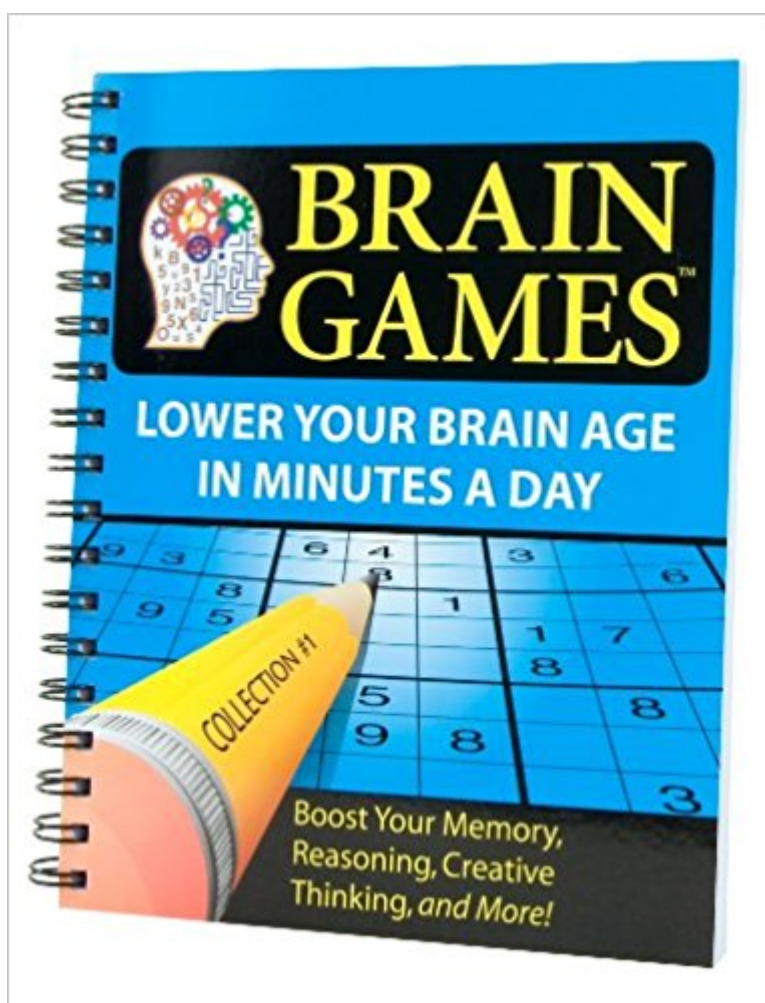


The book was found

Brain Games™ #1: Lower Your Brain Age In Minutes A Day (Brain Games (Numbered))



Synopsis

This is the first book in the popular Brain Games® Lower Your Brain Age in Minutes a Day series, which was developed to help people increase their memory, sharpen their reasoning, and expand their creative thinking. Working the puzzles in this book can provide a vigorous mental workout for virtually everyone from teenagers to senior citizens. The book is divided into five sections of puzzles, each progressively more difficult. Self-assessment questionnaires help you gauge your progress, and solutions to all the puzzles are provided in the final section of the book. Like physical exercise, mental exercise needs to be varied for optimal results, and Brain Games® #1 challenges you with puzzles of every type: * Anagrams * Crosswords * Cryptograms * Drawing Exercises * Language Puzzles * Logic Puzzles * Math Puzzles * Mazes * Memory * Observation and Perspective Puzzles * Sequencing * Visual Logic Puzzles * Word Searches

Brain Games: Lower Your Brain Age in Minutes a Day was developed in consultation with Elkhonon Goldberg, Ph.D., a neuropsychologist who created the Cognitive Enhancement Program, a fitness center for the brain. Mr. Goldberg is the author of The Wisdom Paradox: How Your Mind Can Grow Stronger as Your Brain Grows Older.

Book Information

Series: Brain Games (Numbered) (Book 1)

Spiral-bound: 192 pages

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

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Product Dimensions: 7.9 x 0.7 x 9 inches

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

Average Customer Review: 4.6 out of 5 stars 601 customer reviews

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Customer Reviews

For almost 20 years, Publications International Ltd (PIL) has been the go-to name for puzzle book and magazines, Brain Games®, that are both entertaining and mind building. Based on the recognized science that games train your brain to think quickly and creatively, BG puzzles cover all bases: logic, word puzzles, cognition, spot the difference, and more.

I bought this book with my husband's account. There are already a lot of reviews so this will probably get lost in the mayhem, but I would like to share what I wish more book sellers would show and tell about their puzzle books, such as pictures of random pages and how many of each puzzle type is in the book so you can make sure you do not end up with a variety book filled with a hundred crosswords and only a handful of the more interesting outside the box puzzles. With my rough count, there are about 215 puzzles in the entire book, which is about 170 pages. There are about 7 memory puzzles, 12 crosswords, 13 cryptograms, 13 mazes, 13 sudoku puzzles, 14 mathematical puzzles, 18 word searches, and a vast selection of other interesting puzzles. Overall, I think this is a wonderful book with a true assortment of fun puzzles that range from easier to harder as you go along. The spiral binding is a definite plus as you don't have to worry about holding open the book or folding back the pages to keep it open. The book also has a clear and large font on big pages. I recommend this book to anyone who loves pencil and paper puzzles, especially fans who are looking for some more challenging puzzles.

This is a fantastic book for our 6 year old. I just noticed now that they suggest it for 9 year olds / 4th graders. I think it can totally skew younger. Some games/challenges she doesn't understand, but she asks us and we explain it, and then she learns something new. The word searches and mazes and many others she can do independently. This book has accompanied us in airports, on planes, at restaurants, in the car, even at home, and she's totally engrossed. Love it. Final anecdote: We were sitting in a restaurant last week, and this nice couple next to us were getting up from their table after paying their bill. They leaned over, and I had that brief moment of 'hope our family dinner didn't kill your date vibe', but this is what they said: "We eat here every week, and this is the very first time we've seen a child without an iPad. What's she working on? So great to see a child without an iPad, and to see the parents talking to their kid too." Lol. I'm buying more!

I bought this book for my 6 year-old niece and my 11 year-old niece. Turns out that the book is perfect for both. The easier puzzles are perfect for my younger left brained niece and the more difficult ones are great for my 11 year-old. I highly recommend it as a traveling companion - I got it for my nieces for just that reason - my sister-in-law said it kept them busy for literally hours on their trans-continental flights!

I recently gifted this to my mother. She really likes the big font but there is one problem, the puzzles are a little on the easy side. I have no regrets making the purchase as she truly enjoys looking for the words but I have to say it is not something that takes her long. Even my father was able to finish one page in 5 mins and he isn't an avid word searcher like my mom. In the future I would like it if there were more difficult puzzles b/c being slightly blind doesn't mean you can't do more challenging puzzles.

Thick, paperback book featuring close to 200 pages of brain games for children including a variety of different puzzles, mazes, and word searches. The educational exercises are meant to promote and improve a child's creative thinking, language skills, and analytical reasoning, in addition to many other areas of learning. The book ranks the puzzles by level of difficulty and also includes solutions in the back. I purchased this book as a gift for my 15 year old sister. She said it was stimulating, entertaining, and educational - good for long trips.

My sister loves talking in the car... Which is cute because she's little but sometimes we just need a little quiet on those early morning, stressful rides everywhere - this really helped her keep her mind going. It also was nice helping her with them if we ever needed to wait in the car for extended periods of time to give her something to do. I just stuffed this book in the back seat with some other stuff and its worked out great. Lots and lots of puzzles, it lasted a while, I didn't expect it to be such a hit.

My 3 year old LOVES question booklets like this. I knew it'd be a hit. This one is pretty straight forward, 4 questions on the front and answers on the next page. Really cute and also I love the size of the questions and book. The questions are age appropriate I'd say, some are easier then others. I'd recommend!

Got this book for my husband since he loves brain teasers and puzzles. He keeps it beside the bed and does a few pages at time whenever he's in the mood. Nice little time passer for a brainy type of person.

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Lower Your Brain Age - Word Search Brain Games™ Sudoku (Brain Games (Unnumbered))
Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) Warriors Word Scramble: Word Scramble Games - Word Search, Word Puzzles And Word Scrambles (Word Games, Brain Games, Word Search, Word Search Games, Word ... Scramble, Word Scrabble, Unscramble Word) Hoyle's Rules of Games: The Essential Family Guide to Card Games, Board Games, Parlor Games, New Poker Variations, and More Travel Games for Adults: Coloring, Games, Puzzles and Trivia: Featuring Over 60 Activities including Group Games, Games for Two, Scavenger Hunts, ... Word Search, Word Scramble and more The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without ... Boost your energy, and Stay healthy for life! The Everything DASH Diet Cookbook: Lower your blood pressure and lose weight - with 300 quick and easy recipes! Lower your blood pressure without drugs, ... and Stay healthy for life! (Everything™) Lower Your Taxes - BIG TIME! 2017-2018 Edition: Wealth Building, Tax Reduction Secrets from an IRS Insider (Lower Your Taxes Big Time) Brain Games™ Sticker by Number: Nature Brain Games™ Sticker by Number: Animals Brain Games™ Relax and Solve: Sudoku Brain Games™ Sudoku Large Print Brain Games™ 10 Minute Sudoku Puzzles Brain Games™ Relax and Solve: Word Search Brain Games™ Crime Scene Investigation Brain Games™ Spot the Difference Brain Games™ Code Breaker

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