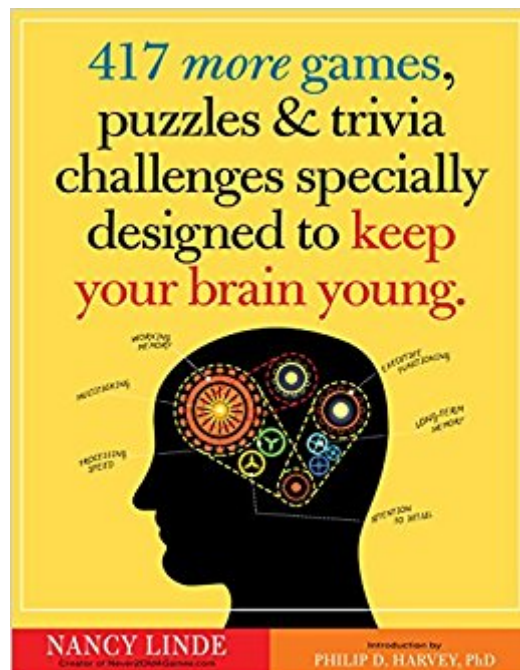




The book was found

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



Synopsis

Cross-train your brain! Exercising the brain is like exercising the bodyâ™”with the right program, you can keep your brain young, strong, agile, and adaptable. And like the most effective exercise, you donâ™”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. Â 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, theyâ™”re funâ™”this is the kind of exercise that youâ™”ll want to doâ™”and all it takes is ten to fifteen minutes a day for a full workout. Â

Book Information

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Customer Reviews

Itâ™”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, itâ™”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 youâ™”ll want to do, and all it takes is 10 to 15 minutes a day for a full workout.

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. Philip D. Harvey, Ph.D., is the Leonard M. Miller Professor of Psychiatry and Behavioral Sciences and Director of the Division of Psychology at the University of Miami Miller School of Medicine.

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.

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.

Love 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!

The puzzles and challenges are repetitive and a large portion (about one third) of this book is based mainly on pop-culture trivia which is not my thing, especially pop-culture trivia from the 1950s-70s. Additionally, what's with this on Page 34: 'Name 5 famous overweight people?' This is bizarre. I would not recommend this book.

This book relies heavily on vocabulary type skills with few or no problems in logic. I like a mix. Also, the memory tests depend on your having the base knowledge in the first place. I'm not any kind of a sports fan, for example, so "remembering" the names of former athletes isn't really a memory test.

I had purchased 399 Games, Puzzles & and loved the brain exercises. It just made sense to get the next book. My only concern about this book is that some answers are found on other pages; if you are looking for an answer on one page it may be part of a question somewhere else. Overall,

this book of brain exercises is worth the price.

This is a great puzzle book by Nancy Linde. Her puzzles always keep me entertained. She's an excellent puzzle writer and I hope she creates several more books!

Second book by this great PBS author! Really addictive. Has something for all varieties of puzzles - thinking and visual. Answer key is in the back!

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