



Brain Games For Dummies

By Timothy E. Parker

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300 challenging puzzles to improve problem-solving skills and stimulate the brain

Studies have shown that puzzles like Sudoku, crosswords, cryptograms, and other "mental aerobics" can help reduce memory loss due to normal aging and minimize the risk of developing neurodegenerative diseases. *Brain Games For Dummies* features 300 fun mental exercises that will keep readers' neurons firing: 100 crossword puzzles, 75 Sudoku puzzles, 50 word searches, 25 word scrambles, 25 cryptograms, 15 riddles, and 10 logic puzzles, along with complete solutions. Ranked by level of difficulty (easy, tricky, tough, and treacherous), these puzzles are a surefire way to boost mental fitness. The book's portable trim size makes it perfect for playing on the go or during the commute home.

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Editorial Review

From the Back Cover

Perfect your puzzle-solving skills and boost your brain power at the same time!

Always wanted to solve Sudoku? Think you're up for the challenge of cryptograms? This puzzle-packed guide is bursting with fun exercises that will give you hours of enjoyment as well as a great mental workout! From riddles to word searches to crosswords, you'll find savvy strategies for solving even the trickiest of puzzles.

- Prepare your puzzle strategies — get to know the different types of puzzles and the best ways to solve them
- Learn the importance of mental exercise — see how (and why) to improve your cognitive fitness through puzzle-solving
- Jump into the game — solve crosswords, tackle word searches and scrambles, take on Sudoku, figure out logic puzzles, and more
- Master various difficulty levels — work your way through the easy puzzles first, then move to the tricky, tough, and truly treacherous!
- Understand the answers — see how each puzzle is solved (but try to resist peeking!)

Open the book and find:

- Crosswords
- Word searches
- Word scrambles
- Cryptograms
- Sudoku
- Riddles
- Logic puzzles
- Tips for keeping your mind sharp
- Information on other fun games and puzzles to try

About the Author

Timothy E. Parker is the "World's Most Syndicated Puzzle Compiler," according to Guinness World Records. He is also the creator and senior editor of the Internet's Universal Crossword, the author of the annual bestselling *USA Today Crossword Calendar*, and the *Puzzle Producer* for *Merv Griffin's Crosswords*.

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