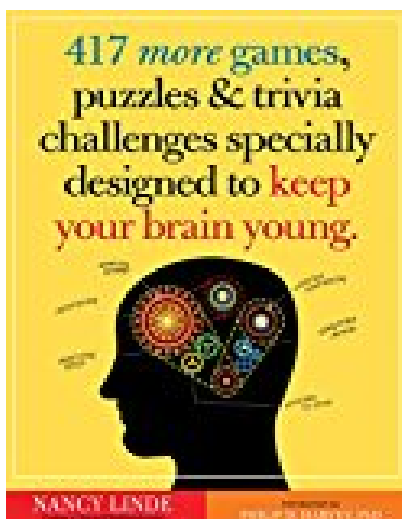


417 More Games Puzzles & Trivia Challenges Specially Designed to Keep Your Brain Young



BOOK DETAILS

- Author : Nancy Linde
- Pages : 424 Pages
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BOOK SYNOPSIS

Cross-train your brain! Exercising the brain is like exercising the body--with the right program, you can keep your brain young, strong, agile, and adaptable. And like the most effective exercise, you don'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. 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, they're fun--this is the kind of exercise that you'll want to do--and all it takes is ten to fifteen minutes a day for a full workout.

417 MORE GAMES PUZZLES & TRIVIA CHALLENGES SPECIALLY

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