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399 Games, Puzzles & Trivia Challenges Specially Designed to Keep Your Brain Young

By Nancy Linde, Daniel G. Amen

Workman Publishing. Paperback. Book Condition: new. BRAND NEW, 399 Games, Puzzles & Trivia Challenges Specially Designed to Keep Your Brain Young, Nancy Linde, Daniel G. Amen, Based on the science that shows that people middle-aged or older who solve word games and brainteasers have a significant cognitive advantage over those who do not, "399 Games, Puzzles & Trivia Challenges" is the illustrated game book specifically created to cross-train the brain. Here are 399 games to stretch, challenge, and push the reader, all of which stimulate the formation of neurons - literally, regrowing the brain. Plus they're not only good for you, but just plain good - these games are fun. "399 Games, Puzzles & Trivia" is a lively mix of challenges, riddles, and brainteasers - all vetted by a neuroscientist who specializes in aging brains and designed to work the six key areas of cognitive function that are vulnerable in normal aging: long-term memory, working memory, executive functioning, attention to detail, multitasking, and processing speed.



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