



Brain Games #2: Lower Your Brain Age in Minutes a Day

By Elkhonon Goldberg

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Brain Games #2: Lower Your Brain Age in Minutes a Day By Elkhonon Goldberg

Science has shown that exercising your brain can make it work more efficiently. Brain Games #2: Lower Your Brain Age in Minutes a Day is packed with mental challenges and puzzles that can keep your mind young and fit. The book, part of the popular Brain Games series, was produced under the guidance of Dr. Elkhonon Goldberg, a renowned professor of neurology.

Just as no single exercise machine can give you a full workout, no one type of mental challenge or puzzle will fully exercise your brain. Puzzles of different types exercise different parts of the brain and can enhance these cognitive functions:

- Analysis
- Attention
- Computation
- Creative thinking
- General knowledge
- Language
- Logic
- Planning
- Spatial reasoning
- Spatial visualization
- Visual search

Brain Games #2 includes the following types of mental challenges and puzzles for full cognitive workouts:

- Anagrams
- Crosswords
- Cryptograms
- Drawing exercises
- Language puzzles
- Math puzzles
- Mazes
- Observation and perspective puzzles
- Sequencing games

Visual logic puzzles

Word searches

The mental challenges and puzzles in Brain Games #2 get more difficult as you work through the book, and self-assessment quizzes help you gauge your progress. The book additionally includes helpful information about brain fitness overall, as well as tips on getting the most out of the puzzles. The book is spiral-bound and easy to handle, regardless of whether you're at home, traveling, on a cruise ship, or waiting in line.

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