

# 400 Mind-bending IQ Puzzles



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The human brain is quite remarkable. Its intricate workings have been subjected to intense study by some of the greatest intellects of our times and despite this, we still know relatively little about how it actually works. However, there is one fact on which all experts in the field are in agreement: the brain benefits from regular exercise in much the same way as muscles do. In fact, the brain not only benefits from this training - it thrives on it. What kind of exercise does the brain enjoy? Here the experts are again in agreement. Creative thinking, deductive reasoning and puzzle solving are all excellent areas for building up your mental muscle. This book gives your brain the opportunity for serious regular exercise. Philip Carter is the "UK Mensa Puzzle" editor

and is thus perfectly qualified to provide the equipment for a daily workout for your most important muscle. IQ puzzles are especially good training for the brain and are now increasingly being encountered in applications for employment in government, education, industry and commerce.

作者介绍:

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