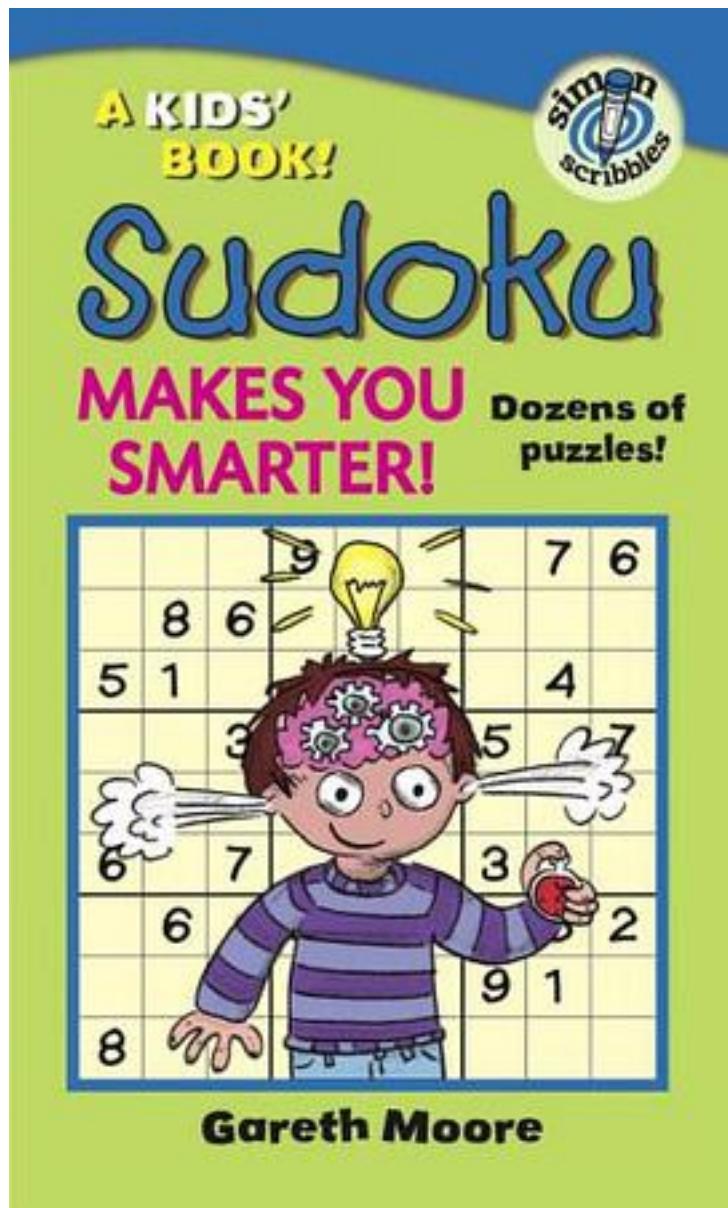


Sudoku Makes You Smarter!



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"Sudoku Makes You Smarter" is a structured program of logic tests, verbal reasoning, and problem-solving exercises that have been shown to increase the flow of blood to the brain. The book's introduction explains exactly how brain functions such as attention, memory, language, and spatial awareness can all be simply and quickly stimulated, and what difference this can make to your everyday life. This series of mind-stretching challenges, including tailor-made examples of sudoku and kakuro, get more difficult the further you progress, so that maximum impact is guaranteed. Remember, your grey matter is no different than your stomach six-pack -- it needs to be drilled back into shape every now and then "Sudoku Makes You Smarter" is the perfect way to tone up that thinking muscle...while having a great time solving puzzles. Includes fun, friendly illustrations on every page and foil accents on the cover.

作者介绍:

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