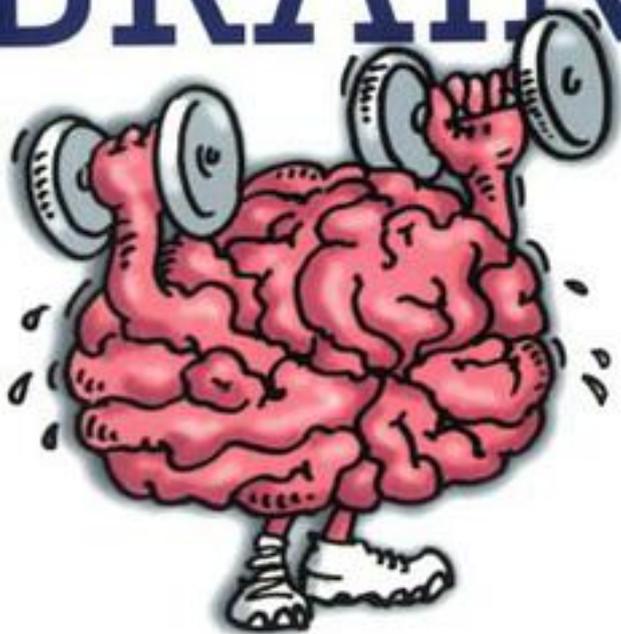


Train Your Brain

DOKU • KAKURO • LOGIC • MEMORY • CREATIVITY

TRAIN YOUR BRAIN



**The Complete Mental Workout
for a Fit and Agile Mind**

JOEL LEVY

SPATIAL AWARENESS • MENTAL SPEED • VERBAL DEXTERITY
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The brain is like a muscle, so a fit and healthy mind needs time spent working out - what Joel Levy calls 'Braintenance'! In this book, he takes the reader through a series of puzzles designed to maintain and improve brain function and intellectual health. These games and teasers help the reader with verbal, numerical and spatial aptitude; mental speed; logic; creativity; lateral thinking and memory. They range from word and picture puzzles to well-known favourites, Sudoku and Kakuro. With tips on how to build these exercises into everyday life, hints on how to approach problem solving and background information on the science behind the puzzles, "Train Your Brain" has everything you need for a complete mind workout. Like an intellectual gym, it can help you build your mind power, stretch your brain's agility and tone your thinking!

作者介绍:

著名科普作家，长期从事科学、心理和历史等方面的创作，其主要著作包括《提高智力》、《提高记忆力》和《日常事物的起源》。

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书评

轻松的字谜游戏日益风靡，智力王国里的其他主流游戏如数独及数和等也同样风声鹤起。在相对隐晦的拼图网页和专业刊物上盘旋了几十年后，智力测试题突然入主跨页版面。曾经名不见经传的消遣活动得以进入到焦点视界，是何种力量推动的呢？事实上，智力游戏不仅仅是富有趣味或...

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