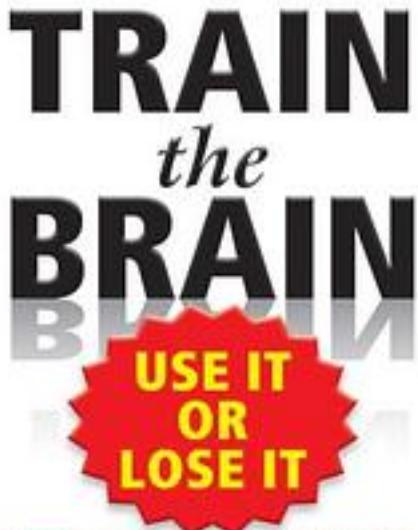


Train the Brain

DR GARETH MOORE
AUTHOR OF THE 10-MINUTE BRAIN WORKOUT



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Scientific research shows that your brain needs exercise just like the rest of your body. Solving simple, short challenges is an excellent way for everyone to help sharpen the mind, improve memory, and slow down the brain's aging process.

In Train the Brain, Dr. Gareth Moore has developed an enjoyable program of logic and reasoning exercises, simple math tests, and puzzles. Growing progressively more difficult as you work through the book, from beginner level to advanced, these entertaining exercises provide mental workouts to keep the brain at optimum health.

作者介绍:

Dr. Gareth Moore is the author of a wide range of puzzle and brain-training books for both adults and children. He earned his Ph.D. at Cambridge University in the field of machine intelligence and has created several puzzle and brain-training websites. He is an experienced radio and television presenter and guest expert.

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