

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 second in a trio of books from the Su Doku master, Wayne Gould. Use these challenging and addictive puzzles daily to keep your brain sharp all year round. Wayne Gould is the leading authority in Su Doku - the man who transformed it from a Japanese number puzzle to a worldwide phenomenon. With its logic and varying levels, Su Doku -- 'the crossword without words' -- is the ideal challenge for your commute, your coffee break or your evening wind-down. The daily, addictive puzzles in the Su Doku for a Sharper Mind - including 150 previously unpublished - will test your logic and increasingly stimulate your brain to keep you mentally fit and young.

作者介绍:

目录:

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书评

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