



Exercises for the Whole Brain: Engaging, Intelligent Puzzles to Stimulate and Entertain Your Creative, Visual and Analytical Skills

Allen D. Bragdon, Leonard F. Fellows

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The most fascinating mental exercises from the New York Times internationally syndicated column "Playspace." They build brain skills in the same way physical exercise builds muscles and stamina. 60 brain-awakening exercises that strengthen connections among the mental centers that control creative-visual, executive-planning, spatial-manipulative, and logical thinking. Each exercise was developed to stimulate a different combination of brain circuits to sharpen mental skills needed to compete professionally and to retard loss of memory and other skills as the brain ages. Yet they are almost addictively fascinating. Optional hints for each exercise make every format accessible to all levels of skill.



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