



Brain Games #4: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered))

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This is the fourth book in the popular Brain Games: Lower Your Brain Age in Minutes a Day series, which was developed to help people increase their memory, sharpen their reasoning, and expand their creative thinking. Working the puzzles in this book can provide a vigorous mental workout for virtually everyone from teenagers to senior citizens.

Check out the [Table of Contents](#)

Work these [Sample Puzzles](#)

The book is divided into five sections of puzzles, each progressively more difficult. Self-assessment questionnaires help you gauge your progress, and solutions to all the puzzles are provided in the final section of the book. Like physical exercise, mental exercise needs to be varied for optimal results, and Brain Games #4 challenges you with puzzles of every type:

Anagrams

Crosswords

Cryptograms

Drawing Exercises

Language Puzzles

Logic Puzzles

Math Puzzles

Mazes

Memory

Observation and Perspective Puzzles

Sequencing

Visual Logic Puzzles

Word Searches

Brain Games: Lower Your Brain Age in Minutes a Day was developed in consultation with Elkhonon Goldberg, Ph.D., a neuropsychologist who created the Cognitive Enhancement Program, a fitness center for the brain. Mr. Goldberg is the author of *The Wisdom Paradox: How Your Mind Can Grow Stronger as Your Brain Grows Older*.

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