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# Train Your Brain: Brain Teasers to Sharpen Your Mind (Brain Teasers Series)

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Just as diet and exercise can help you maintain your physical strength, daily stimulation of your brain can help save your brain from deterioration. The puzzles here are varied and include memory and logic tests; anagrams, word games, and word searches; arithmetic problems and crossword puzzles of all sorts; Futoshiki, Kakuro, and Sudoku tests; and so many more. The key to stimulating your mind is variety, not difficulty, so the puzzles have been devised to be accessible for brains of all ages. From memory quizzes to math problems, there is something here for everyone.

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