



Fast Brain Workouts: Exercises, Tests and Puzzles to Keep Your Brain Super-Fit

By Gareth Moore

Michael O'Mara Books Ltd. Paperback. Book Condition: new. BRAND NEW, Fast Brain Workouts: Exercises, Tests and Puzzles to Keep Your Brain Super-Fit, Gareth Moore, Does simple mental arithmetic exhaust you? Do you struggle to remember important birthdays, your PIN, or what you went upstairs for? Does your mind wander when you really should be concentrating? If so, you need to exercise your brain, whip it into shape and give it a good workout. Fast Brain Workouts is the equivalent of a session at the gym for your grey matter, designed to sharpen up your mental reflexes and get those synapses snapping like firecrackers. Research has shown that regularly tackling challenging puzzles increases the flow of blood to the brain, boosting the supply of oxygen, which can stave off ageing. Featuring a wide range of puzzles - number, logic and reasoning, language, memory and observation - including the ever-popular Sudoku, number darts, comprehension problems and more, Fast Brain Workouts provides a fun pastime for puzzle fans and is the perfect way to keep your thinking muscle active and healthy.



READ ONLINE

[8.76 MB]

Reviews

Complete guide for publication enthusiasts. I have read and i am sure that i will going to study again once again in the future. Your way of life period will be transform once you total looking over this publication.

-- **Shayne O'Conner**

This composed publication is great. It is one of the most remarkable publication i have got read through. I am just quickly could get a delight of looking at a composed book.

-- **Caden Buckridge**