



## Brain Puzzles for Older Adults: Keep Your Mind Sharp

By Kalman Toth Ma M Phil

Createspace, United States, 2014. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Best Seller Puzzle book for seniors. Increase the senior brain s effective IQ with daily puzzle solving. Senior IQ (Intelligence Quotient) is considered the leading determinant of healthy mind body. This puzzle book is specifically designed for older adults with good health or with some health conditions. Even the person who may have not done puzzles in the past may enjoy this brain activity. The puzzles have been simplified for senior success. Adults with good cognitive functions can do the harder puzzles provided in this book. There are also easier puzzles. For example, word search puzzles have a checklist. Solvers simply have to checkmark the list and circle the words. Intelligence Quotient - IQ - is a scientific assessment of an individual s intelligence. A person s IQ derives from measuring problem solving abilities, memory, general knowledge, and spatial imagery. Alzheimer s, Parkinson s, and stroke patients used to have an effective (everyday) IQ of 100-120. Now, due to brain chemistry, their effective IQ maybe below 100 and can be as low as 70 depending on the stage...



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