

[Free download] Five-Minute Brain Workout: Games and Puzzles to Keep Your Mind Sharp and Supple

Five-Minute Brain Workout: Games and Puzzles to Keep Your Mind Sharp and Supple

Kim Chamberlain

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#400227 in Books VSKYH 2013-09-03Original language:EnglishPDF # 1 8.25 x 5.50 x 5.50l, .95 #File Name: 1626360197448 pages | File size: 77.Mb

Kim Chamberlain : Five-Minute Brain Workout: Games and Puzzles to Keep Your Mind Sharp and Supple before purchasing it in order to gage whether or not it would be worth my time, and all praised Five-Minute Brain Workout: Games and Puzzles to Keep Your Mind Sharp and Supple:

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the following review helpful. A lot of the puzzles are too hard for the ...By Lisa A lot of the puzzles are too hard for the average bear and they don't provide instructions on how to figure it out 0 of 0 people found the following review helpful. Fun book to have! By Beth P This was a gift for our 16 y/o daughter. It has daily exercises (puzzles) to complete. My daughter reports that it is a fun book.

Taking care of your brain is just as beneficial as taking care of the rest of your body. Research has shown that training games help improve memory, concentration, problem-solving skills, processing speed, creativity, and reasoning. The key to such exercise is to constantly learn and regularly challenge your brain's capabilities with new tasks. Regularly doing series of short, varied tasks will keep your thinking faculties focused and flexible. Five-Minute Brain Workout contains a wide variety of games and puzzles for people who enjoy words and language. There are ten examples of the same kind of game or puzzle with a wide variety of types of each. While the puzzles have specific answers, the games do not, which means you can continue to develop your creativity by doing them more than once and coming up with different answers. And there are enough puzzles and games for a year's worth of challenging your mind. The book's contents can be used in any number of ways: to challenge yourself or simply have fun or as a competition against time or other people. These exercises work in many settings: home, work, schoolrooms, training and therapy sessions, and as an icebreaker at social gatherings.

About the Author Kim Chamberlain is a speaker, writer, and seminar facilitator. She holds the National Speakers Association APS level of certification (Accredited Professional Speaker), has won many speaking awards, and was the founding president of the Wellington, New Zealand, National Speakers Association. In 2000 she was voted as one of the world's top newsletter writers. Chamberlain is the author of *Better Speaking, Better Thinking* and *5 Minutes! 199 Activities to Put More Life into Your Life*. She resides in Blackpool, England.