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In this follow-up volume to her bestselling 399 Games, Puzzle & Trivia Challenges Designed to Keep Your Brain Young, Nancy Linde offers a brand-new collection of puzzles, trivia challenges, brainteasers, and word games that are not only great fun to do but are specifically designed to give your brain the kind of workout that stimulates neurogenesis, the process that allows the brain to grow new cells.

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399 Games, Puzzles & Trivia Challenges Specially Designed to Keep Your

399 Games, Puzzles & Trivia Challenges Specially Designed to Keep Your Brain Young. Organized on an increasing scale of difficulty from "Warm-up" to "Merciless," here are 399 puzzles, trivia quizzes, brainteasers, and word game that are both fun and engaging to play, and are expertly designed to give your brain the kind of workout

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Here are 399 games to stretch, challenge, and push the reader, all of which stimulate the forma. Based on the science that shows that people middle-aged or older who solve word games and brainteasers have a significant cognitive advantage over those who do not, 399 Games, Puzzles & Trivia Challenges is the illustrated game book specifically created to cross-train the brain.

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designed to give your brain the kind of workout that stimulates neurogenesis, the process of rejuvenating the brain by growing new brain cells.

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In 399 games, puzzles & trivia challenges specially designed to keep your brain young Nancy Linde provides exactly these memory tests, along with the answers in the back. In the Foreword Dr. Daniel G. Amen provides the rationale for the book, stating that it helps to improve such brain functions as attention to detail, long-term memory, multitasking, executive functioning, working memory and processing speed.

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Plus they're not only good for you, but just plain good—these games are fun. 399 Games, Puzzles & Trivia is a lively mix of challenges, riddles, and brainteasers—all vetted by a neuroscientist who specializes in aging brains and designed to work the six key areas of cognitive function that are vulnerable in normal aging: long-term memory, working memory, executive functioning, attention to detail, multitasking, and processing speed.

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