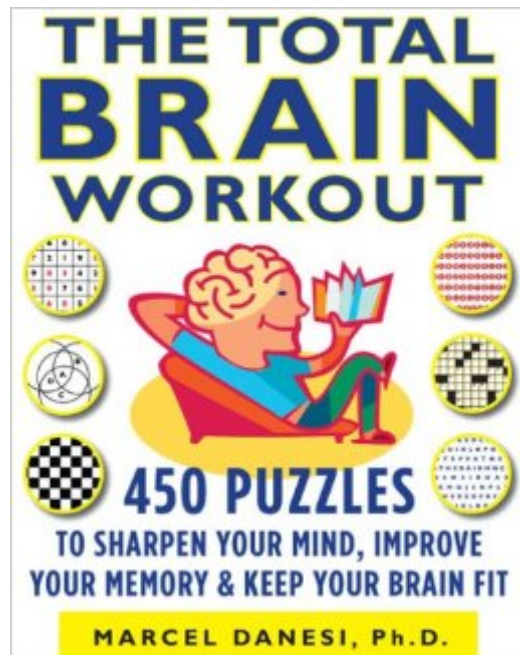


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# The Total Brain Workout: 450 Puzzles To Sharpen Your Mind, Improve Your Memory & Keep Your Brain Fit



## Synopsis

Did you know that different parts of your brain control different functions, and that with exercise, you can make each part of your brain stronger? In *The Total Brain Workout* you'll find 450 fun, challenging and absorbing puzzles designed to specifically target the core parts of your brain that control language, logic, memory, reasoning and visual perception. Each set of puzzles ranges from easy to challenging, and is presented with information on the area of your brain being targeted and the functions it controls, so you can customize your own workout to the specific areas you want to improve.

## Book Information

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (111 customer reviews)

Best Sellers Rank: #5,667 in Books (See Top 100 in Books) #10 in [Books > Humor &](#)

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## Customer Reviews

I love math puzzles, alternative math education of every sort, and try to foist this material on my kids at every opportunity. This is the best puzzle book I've ever seen. And don't get fooled by the silly, generic cover that looks so much like any other book. The book organizes the puzzles into coherent types (logic, patterns, etc.), gives introductory strategies for solving, and gives a good number of practice problems of each sort. Most importantly, the problems are actually doable, tractable, reasonable. As a lifelong puzzler, I still think most similar books are either too difficult or have absurd and non-generalizable tricks to the solutions.

Admittedly, the title is a bit misleading. There is some evidence that working puzzles like these in a progressively graduated manner will help to prolong brain function. But, as the author freely admits, that connection has not been proven. Still, the author -- a Ph.D. who specializes in puzzles --

created this collection of puzzles with this hypothesis in mind. So the puzzles are organized from easier to more difficult. The selection of puzzles themselves is excellent. Furthermore, the book provides fascinating information about the different kinds of puzzles. In this way, the book really goes beyond your usual puzzle book. Not only is it full of puzzles, it is highly informative, as well. Another powerful aspect of this book is the obvious personal involvement of the author. He makes frequent mention of his own life; this stands out from the more common puzzles-in-a-vacuum approach. It makes for friendlier, more personal reading and solving. Recommended for any fans of puzzles. Also check out *THE Book of Word Games: Parlett's Guide to 150 Great and Quick-to-Learn Word Games*. It's written by a scholar of word games. And there's also the excellent sequel to this book, *Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power*.

This book is so good that I've bought four copies!!! I rather blindly bought the first copy for my puzzle-addicted fiancée, hoping that I was getting a good book. Then when I glanced through it, I liked it so much that I bought two more so that my daughter and I could work through them together. And when my ex-husband saw those two copies lying around, he glanced through one and announced that he needed one, too! So I bought him a copy for his birthday. Obviously, I highly recommend it.

I purchased this workbook for use in speech/language therapy with patients who need a little work with language and memory. It proved to be just the right amount of challenge without being too challenging for those recovering from a mild stroke or an extended hospital stay. I would recommend it to those looking for a nicely priced puzzle book for word games/analysis, some math problems, etc.

This book started off easy enough, relaxing, but mentally invigorating. It made me use some mental faculties that were probably rusty. After the 1st chapter, however, it got ridiculous. I'm no Einstein but I'm no idiot either. These puzzles are hard and they're not what I was expecting either. I don't think we need to exercise our brains with twisting, complex concepts to keep it working properly. The author is out of my league - mentally anyway.

I got this for my 8 year old kids and we enjoyed working out the puzzles. Though kids needed help with some puzzles, they could do most of them on their own. No mathematics knowledge is needed. I have looked at few 'puzzle books' for kids, but most of them do not demand thinking, but require only patient hard work. I put 'finding the path through a maze', 'finding differences between two

pictures', 'finding hidden things in a picture, 'word search' etc in this category. This book has only word searches. Rest are real puzzles that 'work the brain'.

This is a good workout for any one. I bought several ... there is a whole series, for my Mom who is having memory problems ... Does it help .... hard for me to prove but I am sure it is better than the alternatives .... doing nothing, or playing solitaire 14 hours a day

This book has a variety of kinds of mental challenges. It does a good job of demonstrating how to solve a new type of puzzle, so you have some instruction before you attempt the puzzles. I have found some "brain game" books too easy--this one was challenging but not frustratingly difficult.

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