



The Mammoth Book of Brain Games

Gareth Moore

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One Year To A BETTER BRAIN! A 52-Week Program To Make You Sharper, Day By Day

A fun program-featuring LOGIC, OBSERVATION, NUMBER, and WORD PUZZLES, in categories such as reasoning, concentration, and speed- that will help to build new brain skills in just a few minutes each day. At the end of each week, a "re-thinking" page features a range of suggestions and ideas to help improve your memory and unleash your creativity, challenging you to make better use of your brain in your daily life.

An exceptionally wide range of content - 78 entirely different types of puzzles, none of which repeats within a quarter of a year- provides the novelty that helps a brain to thrive, while puzzles of the same type are carefully arranged in order of increasing difficulty through the book.

A scoring system helps to keep you motivated as you improve week by week, with the final pages of each week's puzzles offering you the chance to calculate your BRAIN RANK as another way to keep pushing yourself.

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Florence Williams:

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Laura Dumas:

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