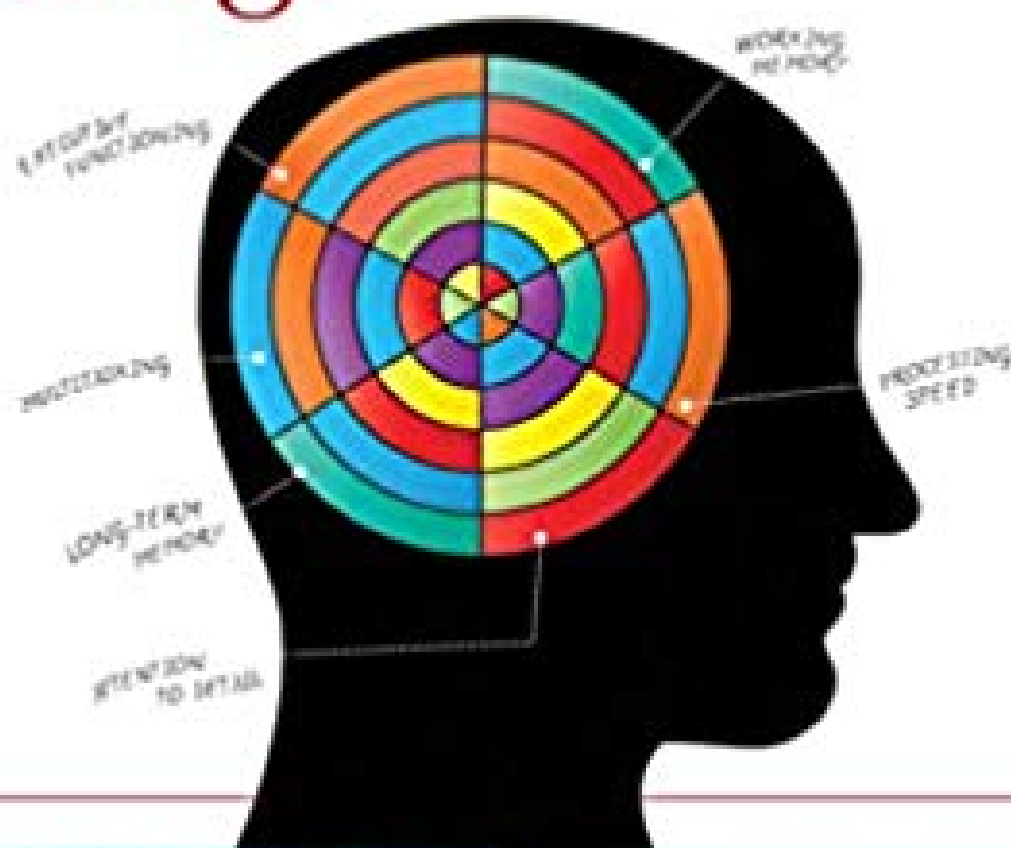


399 games, puzzles & trivia challenges specially designed to keep your brain young.



NANCY LINDE
Creator of Never2OldGames.com

Foreword by **DANIEL G. AMEN, M.D.**
author of *Use Your Brain to Change Your Age*

Nancy Linde

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



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Predicated on the science that presents that folks middle-aged or older who solve word game titles and brainteasers have a substantial cognitive advantage over those who do not, 399 Game titles, Puzzles & Trivia Challenges may be the illustrated game publication specifically intended to cross-train the brain. workout.s strength, versatility, and long-term health.”re not merely healthy, but just plain good—these games are fun. 399 Video games, Puzzles & In just 15 minutes a day, anyone can improve his human brain’all vetted by a neuroscientist who specializes in aging brains and designed to work the six key regions of cognitive function that are vulnerable in regular aging: long-term memory, functioning memory, executive functioning, focus on fine detail, multitasking, and processing velocity. The video games are arranged from easiest to most difficult and so are labeled regarding to which cognitive functions they exercise to allow them to be blended and matched right into a custom “ Here are 399 games to stretch, challenge, and press the reader, all of which stimulate the forming of neurons—Plus they’ Trivia is usually a lively mixture of challenges, riddles, and brainteasers—actually, regrowing the brain.



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A mixed bag of fun issues + ridiculously outdated trivia We highly recommend half of this publication. appear them up in the English Dictionary and/or 2. 90% of the puzzles were trivia. significantly between. Or you may be tasked with listing 26 different color titles, one for every letter of the alphabet. Some reviewers gave low star reviews due to the fact they themselves spoke "damaged English". Rudolf Hess was not executed. Such a Joy! And for most of them, they're the types of difficulties that you can read out loud to a group--or to a significant other--to enjoyably while away a long road trip. as for me, I have a problem with a few of the "timed" issues, but rather than getting discouraged with myself, I just try to solution the very best I can by myself time, hoping that maybe my mind will catch up as I practice the puzzles. That is the half filled with one of the most ineffective trivia from over eras. You might be asked about a wealthy socialite from the 1920s, or a slightly popular murder trial that took place during the Great Depression., making it a fun, learning experience (and in the event that you all get too frustrated, just peek in the back of the publication and state "DUH, I understood that! But they are few & need to name a homonym set that fits. Generally, you'll get a lot of questions you are really only likely to know in the event that you lived through the early-to-mid 20th century. So we ended up purchasing a second one for us." Which makes sense if it was written with an a mature audience in mind. Bottom line: in the event that you were born in the 1940s and revel in word puzzles & Easy to use Easy to use Good games Good for improving brain and keeps me busy Disappointed Very disappointed!! And if you had been born in the 1990s or later: benefit from the word challenges, but prepare to skip many, many pages & My husband and I are in our 20s, and this publication has trivia about 1940s Television shows and very little trivia from 1980s-Present, which we'd be much better at. genuinely fun. Love this publication - obviously since I gave it 5 stars. I've purchased additional books that are suppose to be "brain" games, puzzles, etc. I believed this might be a fun option to a few of the books I use all of the time. My hubby saw it and enjoyed it. A variety of quizzes that I've under no circumstances seen before. You'll be in for lots of fun, and you don't have to be a word freak or such to enjoy this book. Worth the money. I discover I go on binges where I'll execute a lot of puzzles for a couple days then not do any for a week or 2., only to be so disappointed once they arrive and find out that they are only term search puzzles or some such. For the cost of \$10 this is still a great purchase but the tasks are definitely higher level cognitive tasks and so are not appropriate for many of my lower level patients. Nevertheless, I was expecting even more variety. I'm happy I paid no mind to the lower star reviews Book arrived in perfect condition. I am finding the puzzles, video games and trivia quite fun, some a tad difficult but all interesting (I'm not what younger reviewers consider "outdated" either) In the event that you feel you are too young to learn the answers; analysis, broaden your horizons, find out about the past, in the end, it repeats itself frequently. Somebody commented on "outdated trivia"; it could be referred to as past tradition and history; learn something old, you might learn something new! If you feel the reserve is too simplistic, wow, good for you, you might want to look in to going on Jeopardy (not being sarcastic in fact). Or come up with a set of words that begin with the prefix "ant-" based on various clues. The writer came up with a few video games and repeated them through the entire whole book. Fun Way to start out the Day! It's full of challenges that are accessible by just about anyone, and there's lots of range. Cross reference the English language words, that you don't understand, to your home lands' language; you might learn a few brand-new words which is a positive thing. The book can in fact be a fun tool if you don't know the American lifestyle, you might just have to look up the answers a lot more than others, no problem, it's known as learning . If you find a few of the puzzles difficult, play with your children, spouse, friends, etc. Sometimes there are questions

from the 1990s or--even even more rarely--from the 2000s. Some of the puzzles possess really had me considering and you know the answer is someplace in your mind it just does take time to fish it out. But then there's the spouse of the book. I'm grateful because of this book, very much better for me than watching nothing on television or staring at my cell phone all day long. Finally, for those who just know "newer trivia", compose your own book, after all of the "old" saying goes "necessity may be the mother of invention". (Slightly trivia for you personally). Works well to pass enough time by yourself or play with others. So we ended up purchasing a second. Also, the intended purchaser is clearly a very much older generation than us. I've experienced some puzzles I left answers blank only to come up with the answer afterwards while I was occupied doing something else. Purchased for a pal after brain surgery to keep her busy/active/recovery. That is definitely worth the money. In retrospect, the cover text is quite revealing: the book claims these puzzles were designed to "keep your brain young. My husband saw it and adored it. Fun but just OK We had lots of fun with this trivia book! I believe this book will be a great problem for usual adults or entertainment for teenagers on road excursions. The book is created in English, often making use of words containing several syllables; I anticipated there to be 399 DIFFERENT games, and that had not been the case.. roll your eye a lot. A nice challenge Nice variety of difficult puzzles to maintain my mind sharp. MORE IMPRESSIVE RANGE Cognitive Tasks We am a Speech-Vocabulary Pathologist and purchased this book to use with sufferers during therapy to target memory/executive functions. I should do one each night before bed.") For those who are drastically challenged in storage, this book may be a little too difficult and irritating;. Like I stated, the answers are there, you simply have to fish them out. trivia, it's a no-brainer to get this book--you'll most likely enjoy every page. In the event that you were born in the 1970s, you are going to struggle a great deal but you'll still get yourself a lot out of it.. For instance, you could be provided two different phrase definitions & Actually didn't feel just like my brain was exercised at all. Haven't found other things He was imprisoned in Spandau prison and died in the 80's. Love these brain games. I sit next to the fire a night and resolve these puzzles! It's so very much fun! I acquired them for your family as Christmas gifts. Huge variety This is better suited for older people. I was created in 1996 and cannot complete a few of the challenges because of missing the pop culture references of issues before my time. Irrespective, there's a great deal of different activities. I just ordered the sequel and cannot wait for it to arrive. so, if you don't understand the words 1. We will complete a few webpages together each morning while we've our coffee. We enjoy it so much, we each bought books to give to our parents. Good Book.. This whole publication was the same 5-6 puzzles over and over, only with different words. But My brother gave me this publication for my birthday and overall I like it. I did find one mistake on web page 248. We discover these kinds of puzzles both complicated & Wish there was a but more range in puzzles Great book of puzzles and brain games! Acceptable Begins easy and gets hard.



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