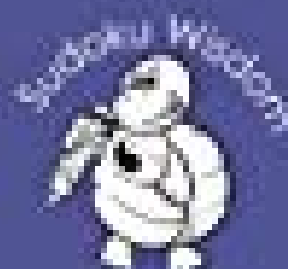


The Tao of Sudoku



Yoga for the Brain



Cristina Smith
Rick Smith

Cristina Smith

The Tao of Sudoku: Yoga for the Brain (Sudoku Wisdom)



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Challenging and fun, but primarily rewarding Challenging and fun, but most of all rewarding. Sudoku is a good mental escape, so this is a good combination! Five Stars What I expected Great brain food Excellent , recommend for every , great brain food Too Easy Discovered these puzzles a bit too easy. I'm better for it. Very satisfying, and I swear I can feel my brain realigning for increased mental productivity.As a member of family newcomer to sudoku, what I like in particular about this book are the easy to use tips in the beginning and the thoughtful rates with each individual puzzle. Strongly suggested! If, like me, you are among those people who like to hear and observe how to perform something, the two short movies on the author's home page ([..]) are an easy task to follow and actually make it fun.. If you're searching for a mental break that is playful, interesting and rejuvenating, "The Tao of Sudoku" will suit you perfectly! I love Will Short's moderate puzzles generally - not too easy, fairly simple... but only 100 complications and all are easy. Content in Connecticut! Probably not the best value for your money Sudoku is a good mental escape I bought this as a gift, and the recipient loves it. There is nothing like the "ah ha! Excellent series of books I acquired these for my daughter's birthday since she's into yoga, spiritualism, and word puzzles. What a perfect combination! The puzzles aren't ridiculously demanding, which matches us just fine, plus they do get more difficult as you progresses, as is typical of all puzzle books. They offer insights in to the puzzles themselves, along with insights to the method that you participate in the procedure - and in life! Good book What I wanted This Book 'The Tao of Sudoku' is Food for Thought! Readable, understand, when you browse the logic, stories, and do the puzzles you'll say 'Wow, I get it.' I am pleased I bought two of these books, one will end up being for my girl, an aerospace engineer and contractor who is able to always use food for believed, which this book presents. Sudoku is a remarkable process of logical self-discipline that combines focus on detail with the necessity to also let move and look at the big picture. Probably not the best bang for your 174 pages but only 100 complications and all of them are easy." feeling of finishing a puzzle. . These though certainly are a cinch. But not fond of the tens of webpages speaking about the Zen of Sodoku. I'd save your money.



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