



The Ultimate Brain Workout: Brain teaser puzzles to keep your mind sharp, active, and fit at any age

George Tam

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Although the human brain is made up of about 75% water, new research shows it works like a muscle. It grows stronger when you practice your problem solving skills. One of the best ways for kids and adults to keep their minds sharp and fit is solving brain teaser puzzles. The large collection of logic puzzles in this book are like daily exercises for your brain. There are over 160 mind bending puzzles in all with solutions provided. They start from easy to increasingly difficult. You can play together with students, with friends and family, or by yourself for hours of fun and laughter. See why teachers all agree this is a must-have book for young readers and older readers alike. Order your copy now to start your ultimate brain workout today!

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