



Kids' 10-minute Brain Workout

Gareth Moore (Illustrated By Gareth Moore)

Description

Contains 90 brilliant, one-a-day, ten-minute brain workouts, each containing a variety of puzzles and exercises to complete. Including memory tests with words, shapes and numbers; simple calculations; word squares and jumbled sentences; verbal-reasoning exercises and Sudoku or Kakuro problems. The puzzles will test language, visual and spatial awareness, memory, attention and reasoning.

Sales Points

- Contains 90 brilliant, one-a-day, ten-minute brain workouts, each containing a variety of puzzles and exercises to complete
- Includes: memory tests with words, shapes and numbers; simple calculations; word squares and jumbled sentences; verbal-reasoning exercises and Sudoku or Kakuro problems
- 20,000 copies sold

Author Biography

Dr Gareth Moore (B.Sc (Hons) M.Phil Ph.D) is the author of a wide range of brain-training and puzzle books for both children and adults, including *Anti-stress Puzzles*, *Ultimate Dot to Dot*, *Brain Games for Clever Kids*, *Lateral Logic* and *Extreme Mazes*. He is also the creator of online brain training site BrainedUp.com, and runs daily puzzle site PuzzleMix.com.

Publication date **Thursday, September 07, 2006**

Price **£3.99**

ISBN-13 **9781905158539**

CBMC **D5L79**

Age **9-11 years**

Subject **Non-fiction**

Type **Activity Book**

Character **Non-character**

Tie In **Non Tie-in**

Binding **Paperback**

Format **198 x 129 mm**

Depth **12mm**

Extent **192 pages**

Word Count

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