



## Anti-Stress Puzzles Refocus Your Thoughts and Revive Your Mind

Dr Gareth Moore

### Description

Don't let life's frustrations, hassles and demands get you down. In this book you'll find dozens of tests and puzzles that will take your mind off your current worries, exercise your brain and refocus your thoughts in a positive and constructive way.

### Sales Points

- Contains a mix of logic tests, problem-solving exercises, memory tests, verbal-reasoning activities, Sudoku and much more
- The exercises are like a gym session for the brain, varied to keep your interest and becoming more challenging as you progress
- From the author and publishers of *Fast Brain Workouts* and *Clever Commuter*

### 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](http://BrainedUp.com), and runs daily puzzle site [PuzzleMix.com](http://PuzzleMix.com).

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