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Anti-Stress Puzzles Codewords

Dr Gareth Moore

Keynote

Anti-Stress Puzzles: Codewords is designed to help you unwind as you focus your attention on the tricky task at hand.

Description

These clever puzzles are designed to help you unwind as you focus your attention on the tricky task at hand.

Test your word skills as you work out which letter of the alphabet corresponds to each number in the grid. With the help of a few clues to start you off, fill in the grid to crack the code.

Compelling and fun, unlike a conventional crossword you need no prior knowledge to complete over 170 codeword puzzles in this book, which increase in difficulty as you progress. So, go on, pick up your pen to enhance your wordpower *and* unwind with *Anti-Stress Puzzles: Codewords*.

Sales Points

- Puzzles are a fantastic way to focus your mind and help you to de-stress as you also enjoy the challenge
- The codewords increase in difficulty through the book, so you'll be able to track your progress
- Also available in the series: *Crosswords* and *Word Searches*
- 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, and runs daily puzzle site PuzzleMix.com.