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The 10-Minute Brain Workout

Gareth Moore

Description

Do you find yourself struggling to remember phone numbers? What about your car registration, the security code for the office door or your credit card pin? Do you find your concentration wandering after a few minutes during meetings? What you need to do is to train your brain, sharpen up your mental reflexes and get those synapses snapping like firecrackers. *The 10-Minute Brain Workout* is a structured programme of logic tests, verbal reasoning and problem-solving exercises that have been shown to increase the flow of blood to the brain, boosting the supply of oxygen. This series of mind-stretching challenges, ranging from mathematical sums and tailor-made examples of Sudoku and Kakuro to comprehension and recall examinations, are accompanied by all the lifestyle and diet tips you need in order to achieve maximum impact. Remember, your grey matter is no different to your sixpack - it needs to be drilled back into shape every now and then, and *The 10-Minute Brain Workout* is the perfect way to tone up that thinking muscle!

Sales Points

- *The 10-Minute Brain Workout* offers a fresh, new brain-training angle in the vein of sudoku and the Nintendo DS
- Concentrates on graduated training rather than straightforward puzzles, presenting a bespoke 90 day mental exercise plan, complete with 3 ascending difficulty levels
- Over 22,000 copies sold

Author Biography

Dr Gareth Moore (B.Sc (Hons) M.Phil Ph.D) is the internationally bestselling 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*, *Extreme Mazes* and *The Ordinance Survey Puzzle Book*. His books have sold over a million copies in the UK alone and have been published in 29 different languages.

He is also the creator of online brain-training site BrainedUp.com and runs the daily puzzle site PuzzleMix.com.

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