



Publication date **Thursday, April 02, 2015**
Price **£7.99**
ISBN-13 **9781782433958**

Binding **Paperback**
Format **Other**
Extent **192 pages**
Word Count
Territorial Rights **World**
In-House Editor **Fiona Slater**

Michael O'Mara.

www.mombooks.com



Clever Commuter

Puzzles, Tests and Problems to Solve on Your Journey

Dr Gareth Moore

Description

Train your brain with these mental workouts designed specifically for your daily commute.

Do you find yourself willing away the minutes – and sometimes hours – on your journey to work? With *Clever Commuter* you can claim back that lost time and use it to improve your mental agility with Dr Moore's dynamic programme for commuters:

- * Exercise the key elements of your intelligence, from visual memory and comprehension, to pattern recognition and number crunching.
- * Puzzles can promote cognitive capacity, alertness and stave off the ageing of the brain.
- * Includes logic and reasoning exercises, simple maths tests and conundrums, and memory games.
- * Puzzles become more challenging as you progress through the book.

So whether you want to get your mind limbered up for the day ahead or simply sit back with some enjoyable puzzles on your journey home – or anywhere else you fancy – there's no better way for commuters to test their wits and improve their brain function.

Sales Points

- Your journey to work need no longer be wasted time!
- Train your brain with these mental workouts designed specifically for your daily commute
- Uses a dynamic programme of logic and reasoning exercises, simple maths tests and conundrums that become increasingly difficult as you progress through the book
- Written by puzzle expert Dr Gareth Moore, author of best-selling books including *The 10-Minute Brain Workout* (over 23,000 copies sold) and *The Little Book of Word Searches* (over 40,000 copies sold)

Reviews

- 'Helps promote cognitive capacity and alertness, improve number skills and expand your memory' - *The Sun*
- 'This innovative little book is a great way of improving your mental agility' - *Hot Brands Cool Places*

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*.