



Publication date **Thursday, June 25, 2015**

Price **£4.99**

ISBN-13 **9781782434757**

Binding **Paperback**

Format **Other**

Extent **224 pages**

Word Count

Illustrations **Puzzles**

Territorial Rights **World**

In-House Editor **Louise Dixon**

Michael O'Mara.

www.mombooks.com



Sudoku 1

Gareth Moore

Description

Over 200 new Sudoku puzzles to challenge, exercise your brain and improve your mental agility.

Fiendishly addictive and great fun, Sudoku looks simple but can be wickedly tricky. Solve the puzzles in this book – exercise your mind and enjoy the satisfaction!

Sales Points

- These puzzles will entice the novice, enthrall the casual player and tax the expert
- Puzzles are linked to keeping your brain healthy, improving mental agility and staving off the ageing of the brain
- Contains over 200 new Sudoku puzzles!
- From the author and publishers of *Fast Brain Workouts*, *The 10-Minute Brain Workout* 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.