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365 GAMES PUZZLES TO KEEP YOUR MIND SHARP (PAPERBACK)



Skyhorse Publishing, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. Short and Fun Activities Designed to Train and Maintain Your Brain Taking care of your brain is just as beneficial as taking care of the rest of your body--research has shown that training games help improve memory, concentration, problem-solving skills, processing speed, creativity, and reasoning. 365 Games Puzzles to Keep Your Mind Sharp provides a year s worth of challenging mental activities to keep your brain..

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- Authored by Kim Chamberlain
- Released at 2015



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