



Bend Your Brain: 201 Puzzles to Blow (and Grow) Your Mind

By Lindsay Gaskins

Random House USA Inc, United States, 2014. Paperback. Book Condition: New. 213 x 155 mm. Language: English . Brand New Book. Want to get your frontal cortex breaking a sweat? Make your blood pump to your cerebellum? Stretch your occipital lobe to its limits? Then you need to bend your brain! This first book from the team behind Marbles: The Brain Store, a chain devoted to building better brains, offers puzzles and brain teasers to help enhance memory, build problem-solving skills, and reduce stress. Since Marbles started helping people play their way to a healthier brain, they've sold, solved, and been stumped by more than their fair share of puzzles. Along the way, they've learned which puzzles tie people in knots (not in a good way) and which ones make the neurons downright giddy. With the help of their in-house team of BrainCoaches and access to cutting-edge neuroscience, they've designed these puzzles to keep your mind flexible and fit. Arranged in five key brain categories visual perception, word skills, critical thinking, coordination, and memory Bend Your Brain offers a variety of puzzles ranging from mind-warming (easy) to mind-blowing (hard!): . Connecting the dots? More like working your...



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