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Lynn Brunelle

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Packed with over 500 mind-enhancing exercises, this book is the ultimate tool for attaining and maintaining optimal brain health. Including word games, visual and spatial challenges, logic puzzles, and memory boosters, the activities in this illustrated collection will improve overall mental fitness and the abilities to concentrate, analyze, and problem solve. Puzzles include Word Scramblers, Anagrams, Riddles, Whats Missing?, Trivia, and more. With multiple levels of difficulties and themes, this comprehensive activity book is challenging, entertaining, and a terrific way to keep those mental muscles moving and cerebral sparks flying.

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