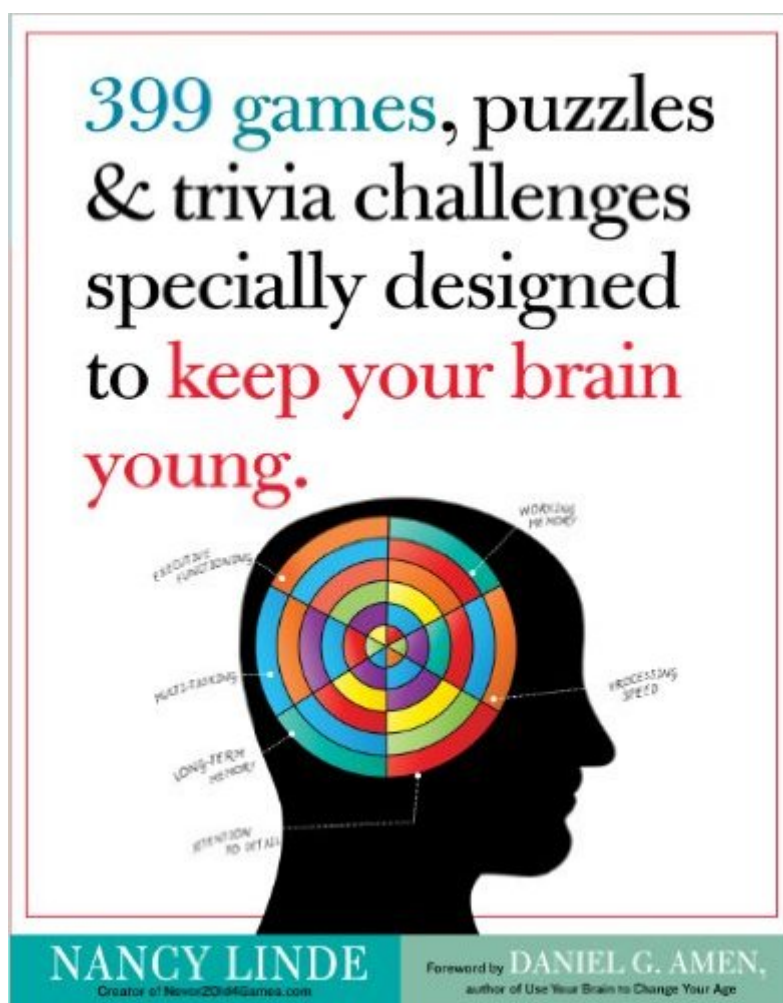


The book was found

# 399 Games, Puzzles & Trivia Challenges Specially Designed To Keep Your Brain Young.



## Synopsis

Based on the science that shows that people middle-aged or older who solve word games and brainteasers have a significant cognitive advantage over those who do not, *399 Games, Puzzles & Trivia Challenges* is the illustrated game book specifically created to cross-train the brain. Here are 399 games to stretch, challenge, and push the reader, all of which stimulate the formation of neurons—literally, regrowing the brain. Plus they’re not only good for you, but just plain good—these games are fun. *399 Games, Puzzles & Trivia* is a lively mix of challenges, riddles, and brainteasers—all vetted by a neuroscientist who specializes in aging brains and designed to work the six key areas of cognitive function that are vulnerable in normal aging: long-term memory, working memory, executive functioning, attention to detail, multitasking, and processing speed. The games are arranged from easiest to most difficult and are labeled according to which cognitive functions they exercise so they can be mixed and matched into a custom workout. • In just 15 minutes a day, anyone can improve his brain’s strength, flexibility, and long-term health.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (271 customer reviews)

Best Sellers Rank: #1,274 in Books (See Top 100 in Books) #1 in [Books > Health, Fitness & Dieting > Aging](#) #2 in [Books > Humor & Entertainment > Puzzles & Games > Logic & Brain Teasers](#) #3 in [Books > Humor & Entertainment > Puzzles & Games > Puzzles](#)

## Customer Reviews

This is MY kind of puzzle/game/trivia book. The clues are clever, don't rely on a vast knowledge of pop culture, and not overly taxing or long. It's the kind of book you can pick-up and do a couple of games, then put down for a while. I only wish this had been available when my mother was still alive. It would have given us something we could do together where we could both have fun. I especially like that there is research that supports the different types of exercises your brain needs,

and each game is coded to indicate the type of activity it supports. Makes me feel well-rounded. It's also the kind of book that I think would make a great holiday gift, house-guest thank you, get-well gift, etc.

The exercises are essentially all long term memory puzzles. If your long term memory is pretty good, you will find this book too easy. The puzzles are pleasant, but require little thought. It is kind of like an easy Trivia game: you know the answer or you don't, and most of them you probably know.

I bought this for my grandmother for Christmas. She has been having problems with memory and seems to get confused easily. I bought this for her in hopes of giving her brain a workout and hoping to improve her memory. She LOVED it. She said the puzzles were fun and I've noticed some steady improvement in her memory. She doesn't seem to lose her train of thought as much and in general, seems to be having an easier time following instructions.

While the book is nicely designed it really is a light weight piece of work mostly quizzing you on pop culture. Kind of fun but if you want to really increase your mental powers this is not the book your looking for. This book is more like a primer for games like Trivial Pursuit.

I bought this for my mother and boy was she mad. She said she was offended by it because it implied she was losing her mind. She admitted it was a good book with lots of different "exercises" in it. When I visited her a few months later, I flipped through the book. It has puzzles, timed quizzes, fact finding exercises, etc. Better than the "word search" books she usually does. I recommend it, but my mother only completed 1 exercise. My advice is to be sure the person you are buying it for will have the willingness to use it.

I bought this book initially to give to my 93 yr old uncle. Once I started looking at it, I couldn't wait to get my pencil out and start answering the quizzes. So I bought another one for myself. Then my brother and his wife came to visit, they picked up my copy of the book and took it home with them! So finally I have a copy for myself. I love the variety of quizzes and the sheer volume of them. I can recommend this book for anyone of any age.

Nancy Linde, the author of this book, is my cousin, so conventional wisdom teaches that you should

not put much faith in this (unsolicited--by the way) review. The book is printed in large type with ample line spacing so seniors, like me, can read it with ease. Playing the wide variety of puzzles, trivia, quizzes, and word games in the book is interesting and fun, even more so when done in a group. There are some familiar-type games and puzzles. What amazes me, however, is how many of the games and puzzles are original (and clever) and how broad the subject matter is. No matter what your special expertise may be, I guarantee there are questions that will stump you. The games are not simply knowledge-based; many require reasoning and/or visual relationships. The games often rekindle fond memories and spark reminiscent conversations among the participants. While the book is primarily intended for seniors (and those soon-to-be), my wife and I played some of the games with our grandchildren (ages 8 through 14) with real success. In so doing, the grand kids learned that life existed before television and computers, and we learned (a little) about texting and tweeting. The bottom line is: I have no idea if the book will rejuvenate my aging brain, but I can say from experience that spending an hour or so with the book is a lot more rewarding than watching many (if not most) of today's TV shows.

I am quite amazed at with amount of rave reviews this book has received. The usefulness of this book is definitely limited to your generation and cultural knowledge. This book offers no logic testing or challenge. I do not see how this exercises any functional portions of your brain dealing with problem solving or logic. It is all trivia and American-oriented idiom references. To say I am let down is a gross understatement. I was hoping to find something that requires critical thinking and reasoning. This book offers none of it!! After reading this book's reviews, I thought I really had found something (usually, reviews are fairly on point). However, any person not from this country or not familiar with television and other media will be wasting their money. Other than requiring the elderly to think WAY back to recall these "famous movie lines" or identify flags, city skylines, US state shapes or the eyes of a First Lady (that's right, Can you identify these presidential first lady eyes?!? WTF?!), I do not see how this could possibly aid anyone's cognitive abilities.

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