



The Kids' 10-minute Brain Workout: Brain-training Tricks, Riddles and Puzzles to Exercise Your Mind

By Gareth Moore

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This book contains over one hundred brilliant, one-a-day, ten-minute brain workouts - each workout made from variety of puzzles: memory tests with words, shapes and numbers; simple calculations; word squares and jumbled sentences; verbal-reasoning exercises and Sudoku or Kakuro problems - designed to train every part of your brain: Language; Visual and spatial awareness; Memory; Attention; and Reasoning.

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Editorial Review

About the Author

Dr Gareth Moore 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.

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