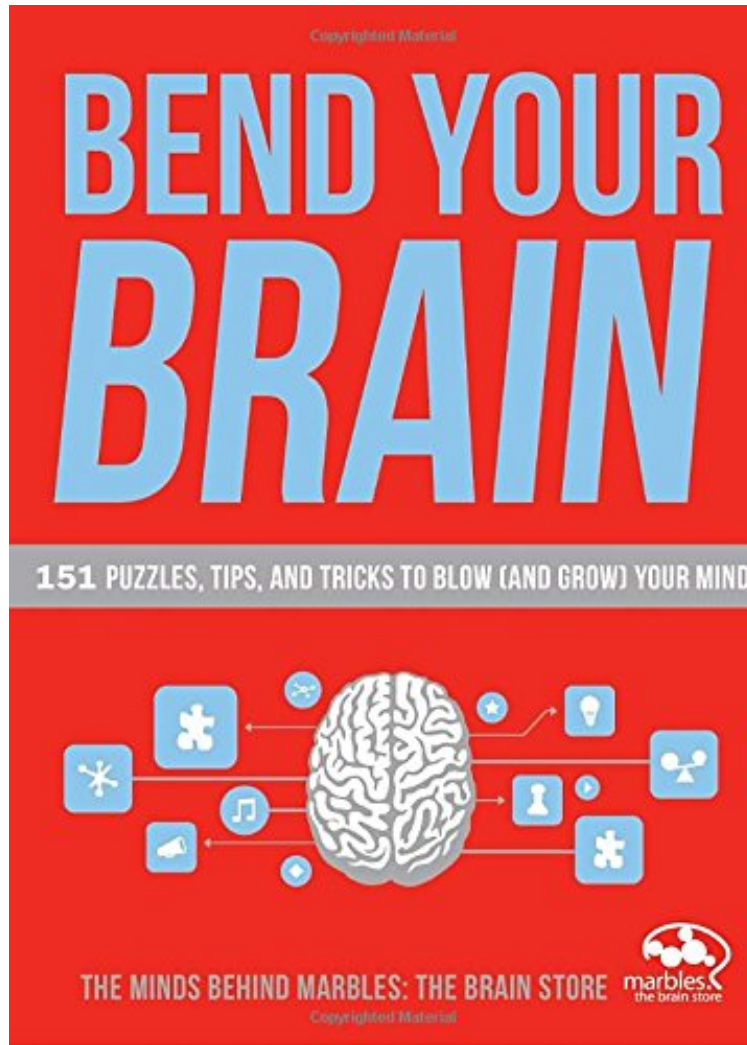


(Pdf free) Bend Your Brain: 151 Puzzles, Tips, and Tricks to Blow (and Grow) Your Mind

# Bend Your Brain: 151 Puzzles, Tips, and Tricks to Blow (and Grow) Your Mind

*Marbles: The Brain Store*  
audiobook / \*ebooks / Download PDF / ePub / DOC



#638016 in Books Marbles the Brain Store 2014-08-19 2014-08-19 Original language: English PDF # 1 8.50 x .44 x 6.09l, .81 Binding: Stationery 192 pages Bend Your Brain 151 Puzzles Tips and Tricks to Blow and Grow Your Mind | File size: 24.Mb

**Marbles: The Brain Store : Bend Your Brain: 151 Puzzles, Tips, and Tricks to Blow (and Grow) Your Mind** before purchasing it in order to gage whether or not it would be worth my time, and all praised Bend Your Brain: 151 Puzzles, Tips, and Tricks to Blow (and Grow) Your Mind:

0 of 0 people found the following review helpful. Five Stars By pattyFun book - good brain exercises. 0 of 0 people found the following review helpful. Five Stars By Maryland Mom Great book...love how there are different difficulty levels for each section. My kid loved it! 0 of 0 people found the following review helpful. Just buy it! By KNRB Great

book to have around. Stimulating and fun! Not as relaxing as I expected but worth having to keep the mind sharp. I plan on buying more for friends and family.

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 spatial-orientation skills. Identifying famous smiles? Flexing your visual memory. Taking a closer look at your keyboard? Coding, storing, and retrieving. Word-doku? Summoning cognitive abilities like appraisal, inference, impulse control, and evaluation. Word scrambles? Tapping your brain's association areas. Your brain is your most important muscle, so let the brain-building begin!

About the Author MARBLES: THE BRAIN STORE is in malls across the country. They and their branded products have been featured in Good Housekeeping, Real Simple, USA Today, and Wired, as well as on the Today show and Martha Stewart Living.