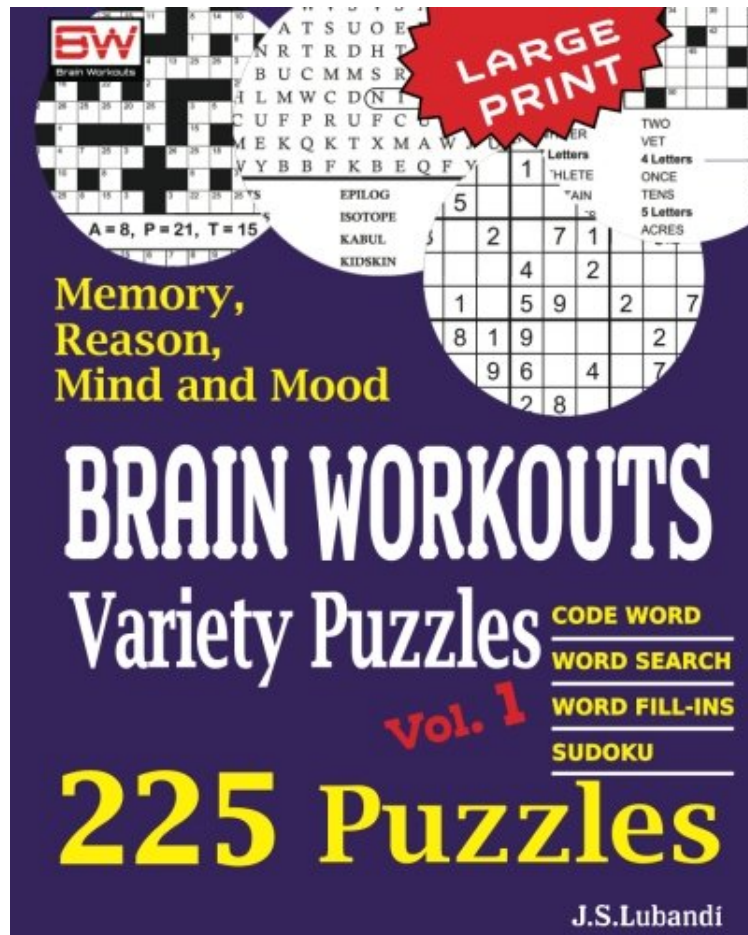


## Brain Workouts Variety Puzzles (Volume 1)

J S Lubandi

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Welcome to the new Brain Workouts: Variety Puzzles, Vol. 1 a collection of 225 fantastic puzzles developed to help people boost their memory, reasoning, creative thinking and problem solving. They also relax the mind and relieve stress. Solving the Word Search, Sudoku, Code Words and Word Fill-ins in this book can provide vigorous mental

workouts for everyone from youngsters to senior citizens. All puzzles in this book have been designed in large print with a high contrast, which makes them perfect for all ages, including the visually impaired. Answers are well arranged at the back of the book just in case you're stuck on the way!

About the Author J. S. Lubandi is the founder of Brain Workouts, a platform that creates and publishes brain games specially for the residents in Senior Living Communities. He's an author and a professional teacher with Honors Degree in Education and a Post Graduate Diploma in Languages. He's published hundreds of puzzle books at all age levels. He also compiles puzzles for magazines, News papers, News letters, just to mention but a few. He drew his passion for puzzles from his 94 year old disabled grandfather who always yearned and demanded for paper prints of word searches he generated for him on a daily basis in a move to extract boredom and exercise his brain. It's that move that motivated him to reach more millions of seniors through puzzle compilations and publications around the globe. He's done this through creation of brain game books in several languages which include French, Spanish, Italian, German, Swahili and other leading languages have been published and can be accessed through his website: [www.brainwork-outs.com](http://www.brainwork-outs.com).