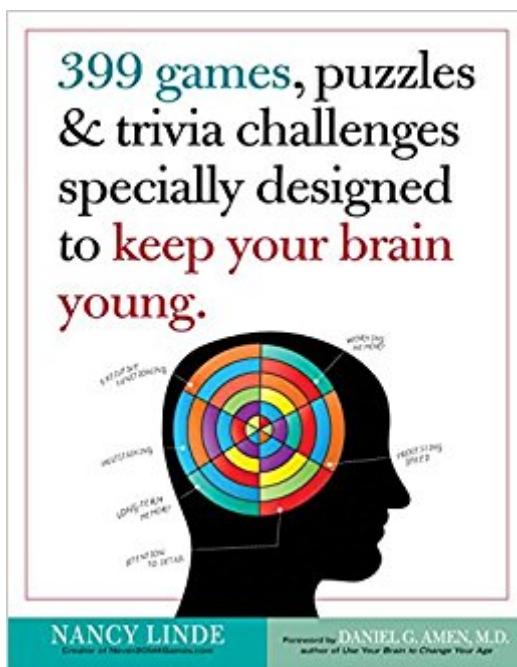


The book was found

# 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

Age Range: 10 - 10 years

Paperback: 424 pages

Publisher: Workman Publishing Company; 1st Edition edition (September 25, 2012)

Language: English

ISBN-10: 0761168257

ISBN-13: 978-0761168256

Product Dimensions: 7.2 x 1.1 x 9.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 424 customer reviews

Best Sellers Rank: #2,885 in Books (See Top 100 in Books) #3 in Books > Humor & Entertainment > Puzzles & Games > Logic & Brain Teasers #4 in Books > Humor & Entertainment > Puzzles & Games > Trivia #6 in Books > Humor & Entertainment > Puzzles & Games > Puzzles

## Customer Reviews

Nancy Linde created and runs Never2Old4Games.com, an online subscription service for activities professionals working with senior citizens at assisted living residences, retirement communities, senior centers, and other senior-serving organizations. She has produced, written, and directed

more than a dozen documentary films, including for the PBS series NOVA. She lives near Boston, Massachusetts.

We highly recommend half of this book. It's full of challenges that are accessible by almost anyone, and there's a lot of variety. For instance, you might be given two different word definitions & have to name a homonym set that fits. Or you might be tasked with listing 26 different color names, one for each letter of the alphabet. Or come up with a list of words that begin with the prefix "ant-" based on various clues. We find these types of puzzles both challenging & genuinely fun. And for most of them, they're the types of challenges that you can read aloud to a group--or to a significant other--to enjoyably while away a long road trip. But then there's the other half of the book. That's the half filled with some of the most useless trivia from long gone eras. You might be asked about a wealthy socialite from the 1920s, or a slightly famous murder trial that took place during the Great Depression. Occasionally there are questions from the 1990s or--even more rarely--from the 2000s. But these are few & far between. For the most part, you'll get a lot of questions that you're really only likely to know if you lived during the early-to-mid 20th century. In retrospect, the cover text is very revealing: the book claims these puzzles were designed to "keep your brain young." That makes sense if it was written with an older audience in mind. Bottom line: if you were born in the 1940s and enjoy word puzzles & trivia, it's a no-brainer to buy this book--you'll probably enjoy every page. If you were born in the 1970s, you're going to struggle a lot but you'll still get a lot out of it. And if you were born in the 1990s or later: enjoy the word challenges, but prepare to skip many, many pages & roll your eyes a lot.

I bought this for my hubby so 70th birthday. Turns out that he loves the book and when we have friends over we always seem to take out that book to the most difficult chapters, and we all have so many different answers, that we spend the entire time laughing. Highly recommend for older adults as many questions are trivia based on only things someone over 50 would know...

Nice variety of challenging puzzles to keep my mind sharp. I find I go on binges where I'll do a lot of puzzles for a few days then not do any for a week or 2. I should do one each night before bed. Some of the puzzles have really had me thinking and you know the answer is somewhere in your head it just takes time to fish it out. I've had some puzzles I left answers blank only to come up with the answer later while I was busy doing something else. Like I said, the answers are there, you just have to fish them out.

I bought this as a gift for my mom who is in her 70's, but when the book came in the mail, we ended up playing a round of "who can answer first" with our 2 older kids. We all loved it so much that we bought a book for our family! Some chapters are way before their time, but still fun for me & my husband!

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.

Agree with the other 2 star reviewers...it is more of culture pop quiz and trivia than universal puzzles. It is good for those who are aware of US history and the local vocabulary, may find it enjoyable. The title is misleading when they say games and puzzles as the book covered only 10% of the games.

As others have stated, there is a lot of trivia knowledge, much of which feels dated for a millennial. The idea of this exercising various parts of your brain, particularly executive functioning and multitasking, is a complete gimmick. There are a few interesting puzzles, but too much of it is random trivia knowledge.

OMG..This book is awesome. So many things to keep your brain young. This book is loaded with different types of brain teasers. Helps your short and long term memory. It helps with name recall. So much in this book it would take me all day to write about all its contents. You won't be disappointed to get this book..can't say enough good things about this product. TY

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