



Anti-Stress Puzzles Word Searches

Dr Gareth Moore

Keynote

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Description

Lose yourself in a word search grid and enjoy the challenge of finding the words hidden within – which can read in any direction, forwards, backwards, horizontally, vertically or diagonally.

In *Anti-Stress Puzzles: Word Searches* you'll find over 170 fun and tricky puzzles, which become more difficult as you progress.

So forget the irritations of the day, find some time for yourself, pick up your pen and give your brain a gentle workout.

Sales Points

- Puzzles are a fantastic way to focus your mind and help you to de-stress as you also enjoy the challenge
- The word searches increase in difficulty through the book, so you'll be able to track your progress
- Also available in the series: *Codewords* and *Crosswords*
- From the author and publishers of *Fast Brain Workouts* and *Clever Commuter*

Author Biography

Dr Gareth Moore (B.Sc (Hons) M.Phil Ph.D) 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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