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## Grandad's Puzzles Mixed Puzzles to Give Your Brain a Workout

Dr Gareth Moore

### Keynote

From sudoku to crosswords, word searches to brain trains, there's something here for every grandad to enjoy, and the variety of puzzles will help to sharpen memory, increase concentration and enhance reasoning and number skills.

### Description

**A book of mixed puzzles to challenge and entertain.**

The mixed puzzles found in this book provide the perfect workout for the brain, whether you are seeking mental stimulation or enjoy puzzles to wind down with. From sudoku to crosswords, word searches to brain chains, there's something here for every grandad to enjoy, and the variety of puzzles will help to sharpen memory, increase concentration and enhance reasoning and number skills. Fight mental flab and get those synapses snapping as they should!

### Sales Points

- Perfect gift for grandad
- Mixed puzzles to stimulate and challenge
- Helps sharpen memory skills
- Regular brain-training can improve mental agility and stave off the ageing of the brain

### 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.