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Sudoku 5

Gareth Moore

Description

Give your brain a workout and test your logic skills as you progress through the challenging puzzles in this book.

Whether you've already caught the Sudoku bug or are simply interested in finding out what all the fuss is about, *Sudoku 5* has something for everyone, with different levels of difficulty as you move through the book.

Providing hours of (sometimes infuriating) fun, Sudoku is the perfect distraction to improve your brainpower and exercise your mind, keeping your grey matter fit and healthy.

All you need is a pen or pencil and some clarity of thought – but beware, these beautifully simple but surprisingly challenging puzzles are fiendishly addictive!

Sales Points

- These puzzles will entice the novice, enthrall the casual player and tax the expert
- Puzzles are linked to keeping your brain healthy, improving mental agility and staving off the ageing of the brain
- Contains over 200 new Sudoku puzzles!
- From the author and publishers of *Fast Brain Workouts*, *The 10-Minute Brain Workout* 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*.