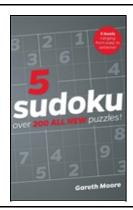


MICHAEL

TITLE INFORMATION

MICHAEL O'MARA





Publication date **Thursday, October 29, 2015**

Price **£4.99**

ISBN-13 **9781782434795**

Binding Paperback
Format Other
Extent 224 pages

Word Count

Illustrations **Puzzles**Territorial Rights **World**

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.

O'MARA

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, enthral 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.

Michael O'Mara.

www.mombooks.com



Orders to: Faraday Close, Durrington, Worthing, West Sussex, BN13 3RB

Tel: 01903 828 800 Fax: 01903 828 802 International Tel: +44 1903 828500