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By Timothy E. Parker

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Flex your memory muscle with a variety of puzzles in varying degrees of difficulty

Studies have shown that puzzles like Sudoku, crosswords, cryptograms, and other "mental aerobics" can help reduce memory loss due to normal aging and minimize the risk of developing neurodegenerative diseases. Featuring a sample of puzzles and ranked by difficulty, this pocket edition is a surefire way to boost your mental fitness.

Open the book and find:

- Sudoku puzzles
- Crosswords
- Word scrambles
- Cryptograms
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- Riddles and word searches

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