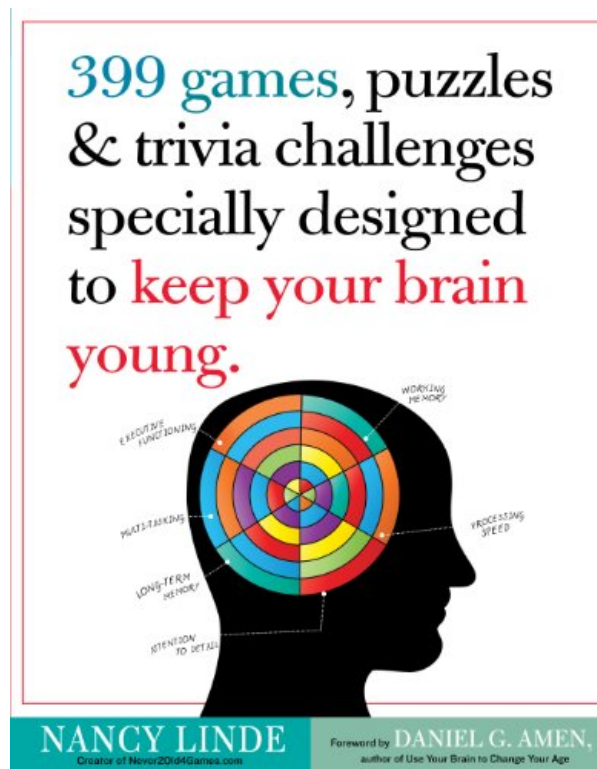


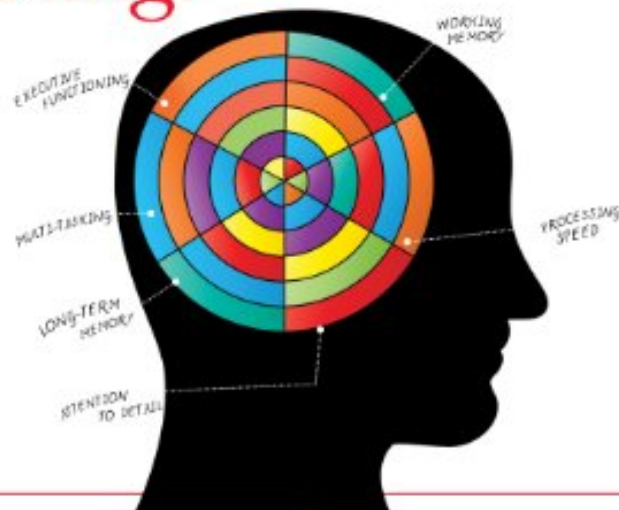
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About the Author

Nancy Linde created and runs Never2Old4Games.com, an online subscription service for activities professionals working with senior citizens at assisted living residences, retirement communities, senior centers, and other senior-serving organizations. She has produced, written, and directed more than a dozen documentary films, including for the PBS series NOVA. She lives near Boston, Massachusetts.

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Based on the science that shows that people middle-aged or older who solve word games and brainteasers have a significant cognitive advantage over those who do not, 399 Games, Puzzles & Trivia Challenges is the illustrated game book specifically created to cross-train the brain. Here are 399 games to stretch, challenge, and push the reader, all of which stimulate the formation of neurons—literally, regrowing the brain.

Plus they're not only good for you, but just plain good—these games are fun. 399 Games, Puzzles & Trivia is a lively mix of challenges, riddles, and brainteasers—all vetted by a neuroscientist who specializes in aging brains and designed to work the six key areas of cognitive function that are vulnerable in normal aging: long-term memory, working memory, executive functioning, attention to detail, multitasking, and processing speed. The games are arranged from easiest to most difficult and are labeled according to which cognitive functions they exercise so they can be mixed and matched into a custom “workout.” In just 15 minutes a day, anyone can improve his brain’s strength, flexibility, and long-term health.

- Sales Rank: #1734 in Books
- Brand: Workman Publishing
- Published on: 2012-09-25
- Original language: English
- Number of items: 1
- Dimensions: 9.19" h x 1.06" w x 7.25" l, 1.85 pounds
- Binding: Paperback
- 424 pages

Features

- A lively mix of challenges, riddles, brainteasers to stimulate neuron growth!
- Based on scientific research - concentrated cognitive efforts increase functioning
- An illustrated game book specifically created to cross-train the brain
- Recommended by a brain neuroscientist for brain strength, flexibility, long-term health

About the Author

Nancy Linde created and runs Never2Old4Games.com, an online subscription service for activities professionals working with senior citizens at assisted living residences, retirement communities, senior centers, and other senior-serving organizations. She has produced, written, and directed more than a dozen documentary films, including for the PBS series NOVA. She lives near Boston, Massachusetts.

Most helpful customer reviews

71 of 76 people found the following review helpful.

Packed with quick, fun brain teasers

By Julie328

This is MY kind of puzzle/game/trivia book. The clues are clever, don't rely on a vast knowledge of pop culture, and not overly taxing or long. It's the kind of book you can pick-up and do a couple of games, then put down for a while. I only wish this had been available when my mother was still alive. It would have given us something we could do together where we could both have fun. I especially like that there is research that supports the different types of exercises your brain needs, and each game is coded to indicate the type of activity it supports. Makes me feel well-rounded. It's also the kind of book that I think would make a great holiday gift, house-guest thank you, get-well gift, etc.

32 of 34 people found the following review helpful.

Should have listened

By Kalani

Should have listened to other 2 star reviews. Not a bad book but good half of the book is trivia challenges, much more than games or puzzles. Most of these trivia quizzes are history/politics related. If you're a foreign-born and/or don't know US history well, this book is not for you.

38 of 42 people found the following review helpful.

All memory puzzles, too easy

By drcarrell

The exercises are essentially all long term memory puzzles. If your long term memory is pretty good, you will find this book too easy. The puzzles are pleasant, but require little thought. It is kind of like an easy Trivia game: you know the answer or you don't, and most of them you probably know.

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