



Teach Yourself Training Your Brain for the over 50's (Teach Yourself: Relationships & Self-Help)

Terry Horne, Simon Wootton

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Getting older means getting brighter and better!

Teach Yourself Training Your Brain for the Over 50s offers hundreds of puzzles, games, tests and exercises, as well as being a complete feel-good guide to why your brain gets better than ever as you grow older. It will give you everything you need to stay motivated, showing not just how, but explaining why, the puzzles and crosswords in this book are more than just good fun. It explodes the myths about old age and mental decline and offers tips on using your increased brainpower to maximize your health, love, and life in general.

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