



The Playful Brain: The Surprising Science of How Puzzles Improve Your Mind

Richard Restak, Scott Kim

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This is your brain on puzzles.

Everyone knows that puzzles can improve your brain function. Now a leading neurosurgeon and a noted puzzle designer team up to reveal the fascinating science behind it. Packed with illuminating insights and dozens of puzzles, this is both a lively book of popular science and an engaging set of exercises in developing a wide array of thinking and memory skills.

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