



Train Your Brain: A Year's Worth of Puzzles

George Gratzler

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Many people start the day with physical exercise but few seem to be so concerned with exercising the most human of organs-the brain. This book provides you with entertaining and challenging mental exercises for every week of the year. Whether you are a high school student eager to sharpen your brain, or someone older who would like to retain your mental agility, you will find your brain getting sharper and more agile as you solve the puzzles in this book. Read a few puzzles every week, think about them, solve them, and you will see the results. And on the way to a sharper mind, you will enjoy every step.

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