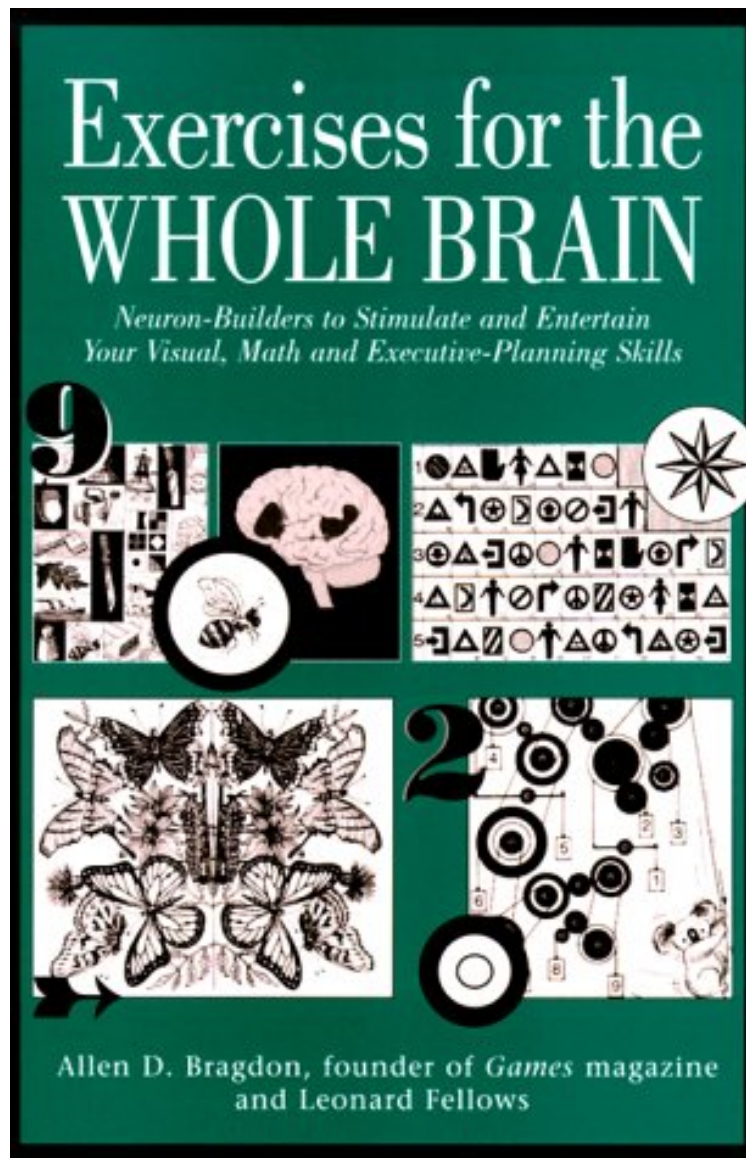


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# Exercises for the Whole Brain: Engaging, Intelligent Puzzles to Stimulate and Entertain Your Creative, Visual and Analytical Skills

Allen D. Bragdon, Leonard F. Fellows  
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Allen D. Bragdon, Leonard F. Fellows : Exercises for the Whole Brain: Engaging, Intelligent Puzzles to Stimulate and Entertain Your Creative, Visual and Analytical Skills before purchasing it in order to gage whether or not it would be worth my time, and all praised Exercises for the Whole Brain: Engaging, Intelligent Puzzles to Stimulate and Entertain Your Creative, Visual and Analytical Skills:

0 of 0 people found the following review helpful. Three Stars  
By Terri  
Right brain was bored with some of it  
1 of 1 people found the following review helpful. NOT a whole-brain book, this is a visual puzzle and logic puzzle book  
By Bruce Dickson  
Review of 1999 edition. If you want a beautifully produced book of VISUAL PUZZLES and BRAIN TWISTERS, here it is. Could also be useful as an intro to LSAT logic puzzles. Even the very first puzzle will take anyone a while to sort thru. If you want a book on exercises to increase your ability to use all four quadrants of your cortex, this is NOT any such book and makes no pretense to be.  
34 of 43 people found the following review helpful. Good companion to "The Sharper Mind"  
By A Customer  
The "game" format makes this book very user-friendly and not threatening. The Sharper Mind had a similar approach was more practical in its approach to everyday situations: remembering names, dates, etc.

The most fascinating mental exercises from the New York Times internationally syndicated column "Playspace." They build brain skills in the same way physical exercise builds muscles and stamina. 60 brain-awakening exercises that strengthen connections among the mental centers that control creative-visual, executive-planning, spatial-manipulative, and logical thinking. Each exercise was developed to stimulate a different combination of brain circuits to sharpen mental skills needed to compete professionally and to retard loss of memory and other skills as the brain ages. Yet they are almost addictively fascinating. Optional hints for each exercise make every format accessible to all levels of skill.

About the Author  
Allen D. Bragdon is the founding editor of Games magazine, editor of the New York Times "Playspace" puzzle column, and co-author with David Gamon of "Building Mental Muscle" and "How Sharp is Your Pencil?"  
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Building Left Brain Power  
Right Brain Teasers  
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