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About the Author Solving crossword puzzles and Sudoku puzzles bolster verbal communication skills and scientific methods in problem solving. Puzzle Crazy puzzles help to improve memory, brain function and the speed of thinking and talking. With hundreds of publications we believe that our puzzles are a critical tool that can help to improve mental functions and in fact improves verbal-fluency scores. Above all doing crosswords puzzles and Sudoku Puzzles should be a relaxing and with easy, medium and hard to difficult puzzles in our catalog you are sure to find a puzzle system that you love