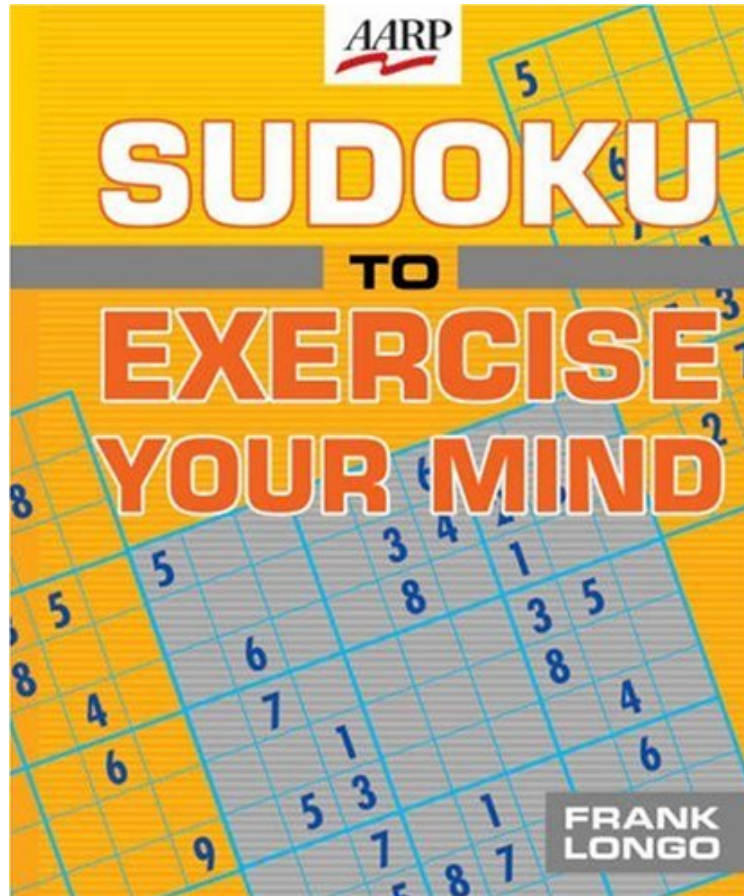


(Mobile pdf) Sudoku to Exercise Your Mind (AARP)

Sudoku to Exercise Your Mind (AARP)

Frank Longo

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#858506 in Books Sterling 2006-09-28Original language:EnglishPDF # 1 .26 x 8.38 x 10.021, .64 #File Name: 140274199596 pages | File size: 78.Mb

Frank Longo : Sudoku to Exercise Your Mind (AARP) before purchasing it in order to gage whether or not it would be worth my time, and all praised Sudoku to Exercise Your Mind (AARP):

0 of 0 people found the following review helpful. Ahhhhhhhhh.....By BaileyOk,where to begin? Well I paid 4 dollars for a book with a nice whit sicker that said \$1.00. I laughed it off, the lil guy has to make a dime, really, just glad it had the spiral binding. but after i opened the book up i find a good chunk of the book had already been worked!!! And nowhere did the description say that when I purchased it! Thats pretty crappy if u ask me!!!!4 of 4 people found the following review helpful. Wide range of sudoku difficultyBy Bruce W. BrittonThis book includes 270 traditional sudoku puzzles (50 each "beginner," "very easy," "easy," "medium," and "medium-hard," finishing up with 20 "hard"). Since the book is intended for beginners, it is heavily weighted toward the easier puzzles. In general, I had no quibble with the difficulty ratings (in a book's worth of puzzles, I typically end up with a couple of easy ones that become hard because I missed the obvious, and a couple of hard ones that seem to almost solve themselves because I stumbled on the key cell's value).There are four puzzles per page, but the pages are large enough that the cells are adequately sized (not generous, but adequate, especially given the high percentage of easier puzzles, where one doesn't end up writing

lots of tiny numbers in lots of cells). For purists, the givens are arranged symmetrically (which I'm sure doesn't matter in the least to beginners). The one-page introduction to solving sudoku seems a little brief for the intended audience (beginners). As for the claim that it exercises your mind, and the back cover blurb ("Don't let your brain get flabby from underuse! ..."), who knows? It can't hurt. I do have one experience. Recently while getting my hair done, I was working on sudoku. My hairdresser said that she had tried the ones in the daily paper a couple of times, but given up (the paper had just the puzzle, with no explanation). I walked through a couple of puzzles with her, and she's now hooked, and believes that it has improved her memory. 12 of 12 people found the following review helpful. Quite puzzling....
By C. Louie
Let me begin by stating that I don't feel that I am THAT old to be using anything endorsed by the AARP! I chose this Sudoku book over some others because it's spiral bound; and that's an attractive feature to have when you're talking about needing to keep your book open without having to use heavy dictionaries to do so. If you love a good challenge, and enjoy puzzles that test your logic, this is the book for you. However, even if you are a bit reticent about your abilities, this book begins on an easy level and gradually becomes more challenging. After awhile, you will be stunned at how well you can detect patterns, and how well you can strategize to solve Sudoku. The hardest part may be pronouncing the word, "Sudoku".

Use it or lose it! Its important for mature adults especially to stimulate and challenge the brain constantly. Keeping the mind active may ward off such illnesses as Alzheimers, and help maintain mental sharpness. Puzzles are a perfect way to achieve that goal, so AARP has devised a delightfully challenging collection of the most popular puzzles around: sudoku, the highly addictive game that everyone from kids to great-grandparents are snatching off store shelves. An introductory section will get newcomers started with an easy-to-follow explanation of the rules and a step-by-step demonstration of how to go about filling in the grids. Because this comes from AARP, the organization most trusted by older adults, you know its top-quality!