



# Five-Minute Brain Workout: Games and Puzzles to Keep Your Mind Sharp and Supple

*Kim Chamberlain*

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## **Five-Minute Brain Workout: Games and Puzzles to Keep Your Mind Sharp and Supple Kim Chamberlain**

Taking care of your brain is just as beneficial as taking care of the rest of your body. Research has shown that training games help improve memory, concentration, problem-solving skills, processing speed, creativity, and reasoning.

The key to such exercise is to constantly learn and regularly challenge your brain's capabilities with new tasks. Regularly doing series of short, varied tasks will keep your thinking faculties focused and flexible.

*Five-Minute Brain Workout* contains a wide variety of games and puzzles for people who enjoy words and language. There are ten examples of the same kind of game or puzzle with a wide variety of types of each. While the puzzles have specific answers, the games do not, which means you can continue to develop your creativity by doing them more than once and coming up with different answers. And there are enough puzzles and games for a year's worth of challenging your mind.

The book's contents can be used in any number of ways: to challenge yourself or simply have fun or as a competition against time or other people. These exercises work in many settings: home, work, schoolrooms, training and therapy sessions, and as an icebreaker at social gatherings.



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