

Protein Shakes for the Brain: 90 Games & Exercises to Work Your Minds Muscle to



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Reviews




*The publication is great and fantastic. It really is simplistic but surprises within the 50 % from the publication. Your daily life span will be change when you comprehensive reading this article book.
(Althea Aufderhar)*

PROTEIN SHAKES FOR THE BRAIN: 90 GAMES & EXERCISES TO WORK YOUR MINDS MUSCLE TO



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McGraw-Hill. 1 Paperback(s), 2009. soft. Book Condition: New. Your brain is like any other muscle in your body if you don't use it, you lose it. Since you may not have time to take a class or learn a new language to keep your mind fit and to ward off memory loss, this book is a quick brain boost filled with puzzles, memory games, trivia, spelling quizzes, and paper-and-pencil games. From the elementary ("What color do you get when you mix blue and yellow?") to the fiendishly hard ("What is the capital of Eritrea?"), this workout gradually increases in difficulty, but all of the answers are included in the back of the book. 133.

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