



## Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power

By Marcel Danesi

Download now

Read Online ➔

### Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power By Marcel Danesi

*Extreme Brain Workout* is a series of puzzles designed to engage the core parts of your brain that are responsible for verbal ability, logical thinking and even your IQ. Each group of puzzles progresses from simple to complex so that they are accessible and challenging for everyone, from the very beginner to the dedicated puzzle master. With each set of puzzles you'll also find information about the specific part of your brain being worked out so that you can choose what areas to focus on.

📄 [Download Extreme Brain Workout: 500 Fun and Challenging Puz ...pdf](#)

📄 [Read Online Extreme Brain Workout: 500 Fun and Challenging P ...pdf](#)

# Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power

*By Marcel Danesi*

**Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power** By Marcel Danesi

*Extreme Brain Workout* is a series of puzzles designed to engage the core parts of your brain that are responsible for verbal ability, logical thinking and even your IQ. Each group of puzzles progresses from simple to complex so that they are accessible and challenging for everyone, from the very beginner to the dedicated puzzle master. With each set of puzzles you'll also find information about the specific part of your brain being worked out so that you can choose what areas to focus on.

## **Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power** By Marcel Danesi Bibliography

- Sales Rank: #1094537 in Books
- Published on: 2011-05-24
- Original language: English
- Number of items: 1
- Dimensions: 9.22" h x .91" w x 7.34" l, .98 pounds
- Binding: Paperback
- 336 pages

 [Download Extreme Brain Workout: 500 Fun and Challenging Puz ...pdf](#)

 [Read Online Extreme Brain Workout: 500 Fun and Challenging P ...pdf](#)

## Download and Read Free Online Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power By Marcel Danesi

---

### Editorial Review

#### About the Author

MARCEL DANESI is a professor of anthropology at the University of Toronto. He has published extensively on puzzles, and is the author of *The Puzzle Instinct*, *Increase Your Puzzle IQ* and *Sudoku: 215 Puzzles from Beginner to Expert*.

Excerpt. © Reprinted by permission. All rights reserved.

*We do not stop playing because we get old, we get old because we stop playing.*

George Bernard Shaw (1856-1950)

Do you like puzzles? If so, you're in luck, because research shows they are very good for your brain. If not, maybe this book will help you become accustomed to them and even like them by the end. It is both a compilation of puzzles and a training manual on how to solve them. It is also designed to help activate particular parts of the brain.

I recently searched the internet for relevant psychology, neuroscience, aging and education websites to get a sense of the kind of findings related to puzzles. I found a vast number of such sites. I then narrowed my search by looking up sources that I considered to be scientifically reliable. As it turns out, much of the research is still very encouraging. For example, a study published in *Brain and Cognition* in 2001 showed that older people performed significantly poorer on the Towers of Hanoi puzzle than younger people. However, subsequent studies have shown that if elderly people do such puzzles routinely, their skills not only improve, but they often become superior to those of younger people.

### PUZZLES IN HUMAN LIFE

Since the dawn of civilization, human beings have been fascinated by puzzles of all kinds. There seems to exist a "puzzle instinct" in our species that has no parallel in any other species. puzzles have been discovered by archaeologists across the world and across time. Throughout history, puzzles have also captivated the fancy of many famous figures. The Biblical Kings Solomon and Hiram organized riddle contests. Edgar Allan Poe, Lewis Carroll, Benjamin Franklin and many others devoted countless hours to the making of mind teasers. The widespread popularity of puzzle magazines, "brain-challenging" sections in newspapers, TV quiz shows, game tournaments and of course millions of puzzle websites bears testimony to the power that the puzzle instinct has over us. Millions of people the world over simply enjoy solving puzzles for their own sake.

Like an instinct, puzzle-solving involves a large element of commonsense thinking. But it is also true that without a basic understanding of how such thinking unfolds, and what techniques can be employed to enhance, practice and sustain it, the chances are that the ability to solve puzzles with facility will not emerge in many people. Without some form of systematic training and practice in puzzle-solving, frustration, disinterest and fear will probably ensue. Success at solving puzzles requires that several basic principles and "lines of attack" be grasped firmly and enduringly from the very beginning.

This book is designed to teach you precisely that. But this book by itself will not guarantee 100 percent success. It will, however, put you in a better mental position to attack puzzles of any kind more efficiently

and intelligently. The kinds of techniques you will be learning and practicing systematically in this book will help you see why certain puzzles are best approached in particular ways.

If you are already an accomplished puzzle-solver, you can use this book as a collection to solve during your leisure hours. You will find plenty here to keep you occupied and entertained. No advanced knowledge is needed to solve any of the puzzles in this book.

## PUZZLES AND THE BRAIN

Research makes it obvious that doing puzzles diminishes the ravaging effects on mental skills brought about by the process of aging. I became interested in the relation between puzzles, games and intelligence after working with brain-damaged children in Italy in the mid-1980s. Here's what I did. If a child was assessed as having a weak visual memory, impairing how she or he spelled words or read them, I would prepare appropriate puzzle material, such as jumbled letters that the child was asked to unscramble to construct words. If the word were *tiger* I would give the child the jumbled form *gerti* and a picture of a tiger. What surprised me was how quickly the children improved in their writing and reading skills. However, I had no real explanation for the improvement. And I still don't, even after publishing my findings and engaging in various theoretical debates with other researchers. We know so little about the connection between brain activities and learning processes that the outcomes I was able to produce may indicate nothing more than a "co-occurrence," or coincidence, between an input and a brain activity, not a "correlation," or relationship, between the two. Nevertheless, it is my cautious opinion that puzzles are indeed beneficial to brain activity and I will attempt to explain here why I believe this is so.

Consider a simple riddle such as "What is yours yet others use more than you do?" This riddle stumps many people because it seems to defy common logic. The solver has to think outside the box, as the expression goes, in order to solve it. The answer is "Your name." Once the answer is reached, memory for it remains much more permanent because it is unexpected. The psychologists Sternberg and Davidson argued, as far back as 1982, that solving puzzles entails the ability to compare hidden information in a puzzle with information already in memory, and, more importantly, the ability to combine these two to form novel information and ideas. The thinking involved in solving puzzles can thus be characterized as a blend of logic, imagination, inference and memory. It is this blend, I would claim, that leads to a kind of "clairvoyance" that typically provokes an *Aha!* effect.

There is little doubt in my mind that puzzles are beneficial. I saw this with my own eyes within my own family. I once suggested to an ailing relative, who suffered from a serious brain-degenerative disease, to engage in crosswords and sudoku. He had never done puzzles in his life. His doctor immediately saw a significant slowing down of the degeneration. The relative eventually died of the disease, but I am convinced that his newfound passion for puzzles delayed his eventual loss of consciousness.

## DESIGN OF THIS BOOK

In many ways, I have designed this book to complement and supplement my previous book, *Total Brain Workout* (Harlequin, 2009). Those who worked their way through that book will see a few of the same puzzle genres, but also many new and challenging types of puzzles.

The book is divided into three main parts. The first one consists of four chapters containing puzzles designed to activate the verbal part of the brain. The second part consists of five chapters organized to activate the logic centers. Many of these concepts derive from a university course I teach on puzzles—a course which has given me the unique opportunity to investigate, research and discuss the benefits of specific puzzle

forms. The third part consists of one chapter that gives you practice doing so-called "IQ tests."

Each puzzle genre is explained fully at the beginning of the set and a model puzzle is explained in detail. The puzzles in a particular set are organized in order of difficulty, thus giving you a chance to build your skills gradually as you go along. This book also features sidebars, peppered through each chapter, containing brain facts for your own information and edification. The answer section at the back of the book goes through all the solutions step-by-step. But you should not read these until you have attempted to solve the puzzles on your own first, no matter how frustrated you might be with any particular puzzle. If you get the answer using a different line of attack than the one suggested in the book, you should still study the given solution simply to get a different perspective on the puzzle-solving process itself. You might even get another legitimate answer. This too will enhance your puzzle-solving skills. Incidentally, these skills are not correlated with quickness of thought. A slow thinker can solve a puzzle just as successfully as a fast one can.

As you can see, this is a self-contained brain exercise manual utilizing research on puzzles to activate the brain effectively. You will likely spend many hours being both entertained and frustrated. So be it. My hope is that it will have been worth the while.

—Marcel Danesi

*University of Toronto*

## **Users Review**

### **From reader reviews:**

#### **Willie Collier:**

Here thing why this Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power are different and trustworthy to be yours. First of all looking at a book is good nonetheless it depends in the content of the usb ports which is the content is as delicious as food or not. Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power giving you information deeper as different ways, you can find any guide out there but there is no e-book that similar with Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power. It gives you thrill studying journey, its open up your eyes about the thing in which happened in the world which is might be can be happened around you. It is possible to bring everywhere like in park, café, or even in your technique home by train. In case you are having difficulties in bringing the branded book maybe the form of Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power in e-book can be your alternative.

#### **Catherine Riddle:**

The book untitled Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power is the book that recommended to you to study. You can see the quality of the reserve content that will be shown to a person. The language that creator use to explained their way of doing something is easily to understand. The author was did a lot of exploration when write the book, so the information that they share to you is absolutely accurate. You also might get the e-book of Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power from the publisher to make you a lot more enjoy free time.

**Ida Green:**

This Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power is great guide for you because the content that is certainly full of information for you who always deal with world and still have to make decision every minute. This particular book reveal it information accurately using great plan word or we can declare no rambling sentences in it. So if you are read this hurriedly you can have whole details in it. Doesn't mean it only provides straight forward sentences but tough core information with lovely delivering sentences. Having Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power in your hand like obtaining the world in your arm, details in it is not ridiculous a single. We can say that no publication that offer you world within ten or fifteen second right but this e-book already do that. So , this is certainly good reading book. Hey there Mr. and Mrs. hectic do you still doubt that?

**Amy Gutierrez:**

Is it a person who having spare time in that case spend it whole day simply by watching television programs or just telling lies on the bed? Do you need something totally new? This Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power can be the solution, oh how comes? The new book you know. You are so out of date, spending your free time by reading in this new era is common not a nerd activity. So what these books have than the others?

**Download and Read Online Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power By Marcel Danesi  
#IJTL3BHMQ6X**

## **Read Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power By Marcel Danesi for online ebook**

Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power By Marcel Danesi Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power By Marcel Danesi books to read online.

## **Online Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power By Marcel Danesi ebook PDF download**

**Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power By Marcel Danesi Doc**

**Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power By Marcel Danesi Mobipocket**

**Extreme Brain Workout: 500 Fun and Challenging Puzzles to Boost Your Brain Power By Marcel Danesi EPub**