



Bend Your Brain: 151 Puzzles, Tips, and Tricks to Blow (and Grow) Your Mind

Marbles: The Brain Store

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Want to get your frontal cortex breaking a sweat? Make your blood pump to your cerebellum? Stretch your occipital lobe to its limits?

Then you need to bend your brain! This first book from the team behind Marbles: The Brain Store, a chain devoted to building better brains, offers puzzles and brain teasers to help enhance memory, build problem-solving skills, and reduce stress.

Since Marbles started helping people play their way to a healthier brain, they've sold, solved, and been stumped by more than their fair share of puzzles. Along the way, they've learned which puzzles tie people in knots (not in a good way) and which ones make the neurons downright giddy. With the help of their in-house team of BrainCoaches and access to cutting-edge neuroscience, they've designed these puzzles to keep your mind flexible and fit.

Arranged in five key brain categories—visual perception, word skills, critical thinking, coordination, and memory—*Bend Your Brain* offers a variety of puzzles ranging from mind-warming (easy) to mind-blowing (hard!):

- **Connecting the dots?** More like working your spatial-orientation skills.
- **Identifying famous smiles?** Flexing your visual memory.
- **Taking a closer look at your keyboard?** Coding, storing, and retrieving.
- **Word-doku?** Summoning cognitive abilities like appraisal, inference, impulse control, and evaluation.
- **Word scrambles?** Tapping your brain's association areas.

Your brain is your most important muscle, so let the brain-building begin!

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