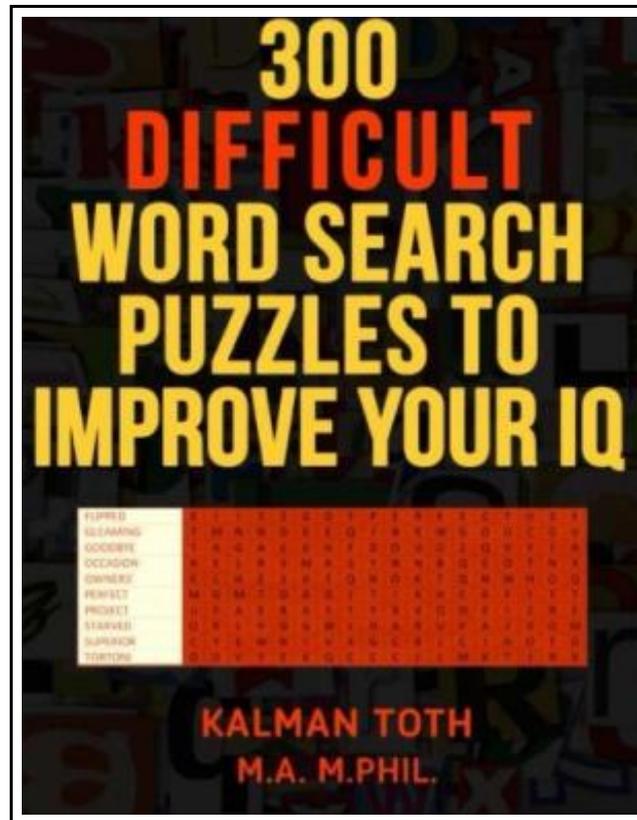


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.A healthy brain is a must for a healthy life! What Are the Benefits of Word Search Puzzles? Working word search puzzles provides many benefits for our minds. As mentioned previously, we can actually increase our effective IQ. Also, word search puzzles provide our minds with exercise for stimulation and maintenance. In addition, puzzles are good for your minds cognitive (thinking and memory) development. These puzzles provide great opportunity improve the brain s overall health and longevity; there is less memory loss at advanced age, as well as delayed onset and reduced risk of conditions such as Alzheimers disease. Scientific studies have found that our brains actually reorganize in response to new challenges; a word search puzzle provides such a challenge. Working word search puzzles improves our thinking skills. Working word search puzzles enhances your ability to solve problems. Word search puzzles improve our focus and attention, because finding solutions requires a lack of distraction and concentration. Working word search puzzles affects the thinking side of your brain, which forces you to solve problems logically a valuable and important skill. Word puzzles teach critical thinking skills; deduction (deducing answers) is an important critical thinking skill. Working word search puzzles provides enjoyment. Word search puzzles can return adults to a playful state of mind because they provide a sense of adventure.

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