



Fitness for your brain: Large Print SUDOKU Puzzles: 100+ Easy to Hard Puzzles - Train your brain anywhere, anytime! (Paperback)

By Khalid Alzamili

Independently Published, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. The objective of Sudoku is to fill every row, column and box (3x3grid) with numbers 1-9 and each row, column, and box must have each number exactly once. Playing Sudoku is not just a fun way to pass the time, due to its logical elements it has been found as a proven method of exercising and stimulating portions of your brain, training it even, if you will and just like training any other muscle regularly you can expect to see an improvement in cognitive functions. Some studies go as far as indicating regular puzzles can even help reduce the risk of Alzheimer's and other health problems in later life. As a logic puzzle, Sudoku is also an excellent brain game. If you play Sudoku daily, you will soon start to see improvements in your concentration and overall brain power. The popular puzzle game Sudoku is based on the logical placement of numbers. Sudoku doesn't require any calculation nor special math skills; all that is needed are brains and concentration. Playing Sudoku might give you the little mental break that you need in order to come back to...

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