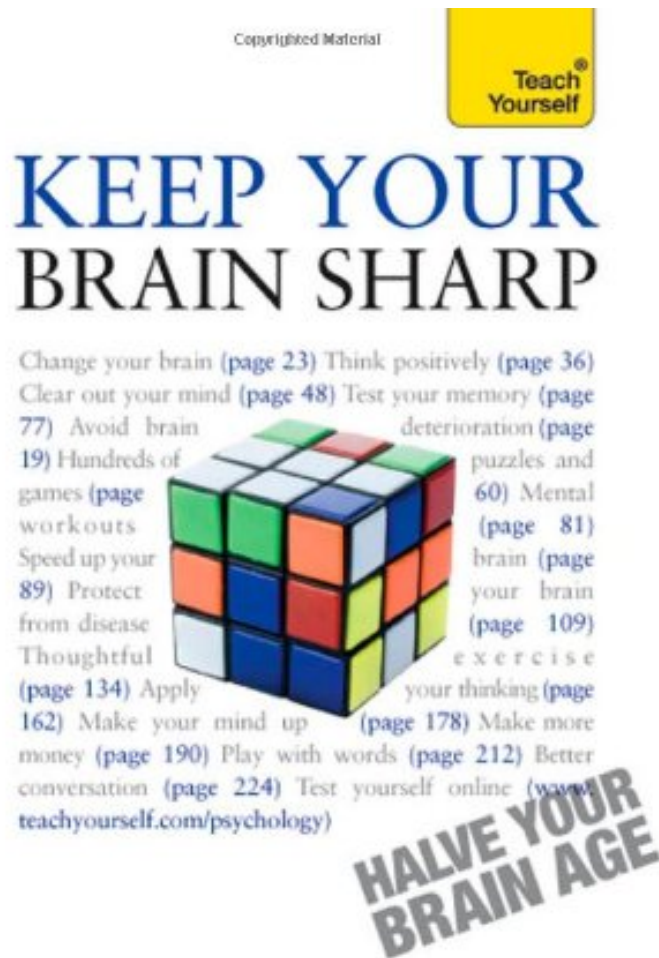


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Keep Your Brain Sharp: A Teach Yourself Guide (Teach Yourself: Games/Hobbies/Sports)

Terry Horne, Simon Wootton

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Age is but a number when it comes to brain power. *Keep Your Brain Sharp for the Over 50s* offers hundreds of puzzles, games, tests and exercises and explains how your brain gets better past the age of 50. The book gives you everything you need to stay motivated, showing not just how, but explaining why, the puzzles and crosswords in this book are more than just good fun. It explodes the myths about old age and mental decline, explains why you get better when you get older, gives strategies for staying ahead and really benefiting from a better brain at work and at play, and offers tips on using your increased brain power at this age to maximize health, love, and life in general. The result is a complete brain boosting bible that reassures you that your best intellectual achievements may well lie ahead. You can also visit teachyourself.com for tests, extension articles and a vibrant community of like-minded learners. And if you don't have much time, don't worry--this book gives you one-, five-, and 10-minute bites of learning to get you started.

About the Author Simon Wootton is the Chief Executive of the Norton Group, an independent Mental Health Services provider, and the author of several books. Terry Horne is a senior lecturer at Lancashire Business School, an expert on strategic thinking, and the author of several business and self-help titles.