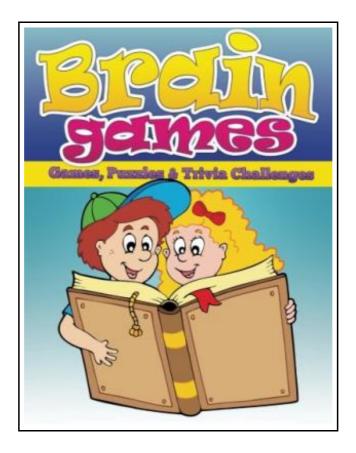
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Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. What do puzzles, mazes and online games have in common? Research has shown that all of these brain games assist in maintaining and improving memory and cognition. The brain is a complex organ and needs exercise just as the rest of the body does. The exercise is certainly not physical, but brain games assist in processing, memory recall and overall improved functioning. Individuals that keep their brain active are at a lowered risk of dementia and the common complaint of memory loss later in life.

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