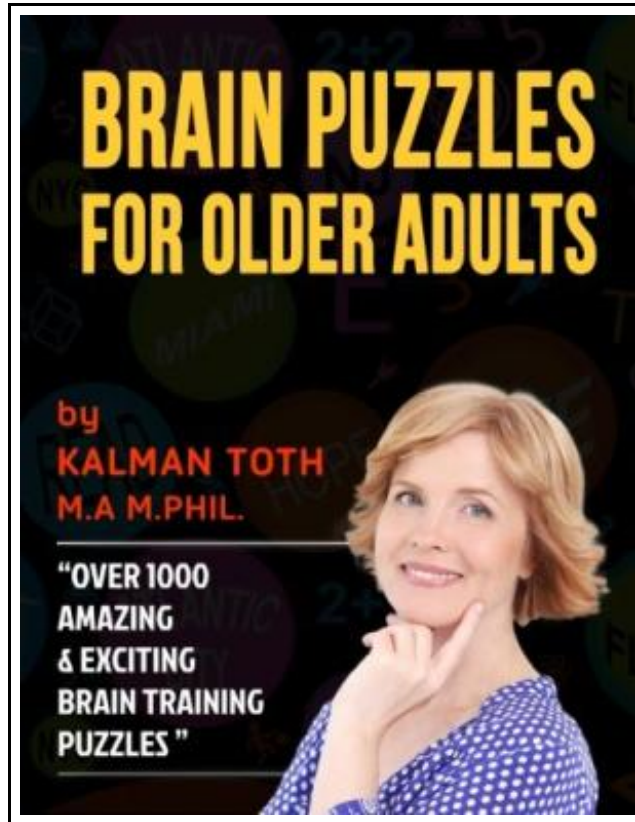


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Createspace, United States, 2014. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.Best Seller Puzzle book for seniors. Increase the senior brain s effective IQ with daily puzzle solving. Senior IQ (Intelligence Quotient) is considered the leading determinant of healthy mind body. This puzzle book is specifically designed for older adults with good health or with some health conditions. Even the person who may have not done puzzles in the past may enjoy this brain activity. The puzzles have been simplified for senior success. Adults with good cognitive functions can do the harder puzzles provided in this book. There are also easier puzzles. For example, word search puzzles have a checklist. Solvers simply have to checkmark the list and circle the words. Intelligence Quotient - IQ - is a scientific assessment of an individual s intelligence. A person s IQ derives from measuring problem solving abilities, memory, general knowledge, and spatial imagery. Alzheimer s, Parkinson s, and stroke patients used to have an effective (everyday) IQ of 100-120. Now, due to brain chemistry, their effective IQ maybe below 100 and can be as low as 70 depending on the stage of the health condition. The goal is to keep effective IQ as high as possible in the damaged brain, and working puzzles can help. A puzzle can help stimulate brain thinking, memory, and brain activity. The variety found in this book is essential for achieving the greatest benefit from puzzle solving. Seniors gain the most value from solving the first puzzle of a particular type. Once a number of the same type of puzzle is completed, the senior needs to move to a different type of puzzle. Generally, the senior will need to have assistance from a caregiver or family...

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