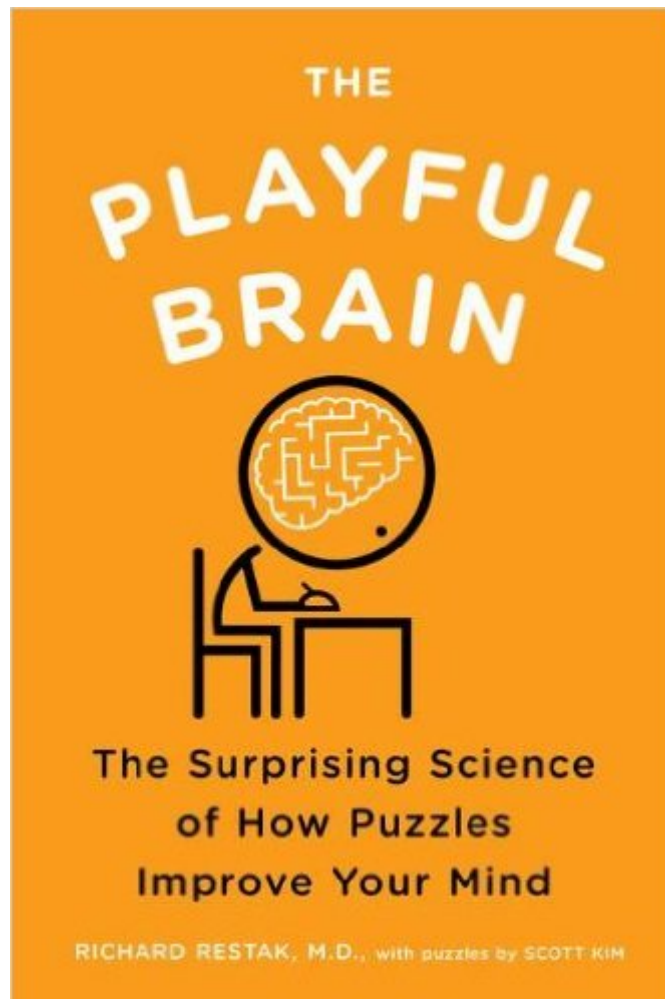


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# The Playful Brain: The Surprising Science Of How Puzzles Improve Your Mind



## Synopsis

This is your brain on puzzles. Everyone knows that puzzles can improve your brain function. Now a leading neurosurgeon and a noted puzzle designer team up to reveal the fascinating science behind it. Packed with illuminating insights and dozens of puzzles, this is both a lively book of popular science and an engaging set of exercises in developing a wide array of thinking and memory skills.

## Book Information

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## Customer Reviews

The answer to my title is the same as "Why do birds sing?" Because they can. I have been a fan of puzzles of many kinds for about 65 years; and have somewhere around 700 puzzle and Mathematical Recreation books in my library; along with hundreds of hand held or mechanical puzzles. I have no idea of how many hours I've spent enjoying puzzles, why I like them so much, or why I like some types of puzzles more than others. This is the first book I've come across that delves deeply into the various types of puzzles and the parts of the brain that become involved in solving them. I guess that love for solving puzzles made it a natural choice to become an engineer. It was almost as if I was just pursuing my love for puzzles that made Mathematics, and other sciences something that was much more interesting than other studies. Much of my career in business was really just an extension to desire to solve problems. As an aside, I also spent over 20 years as a serious Birdwatcher. Without thinking about it; seeing 600 species of birds in North America, uses the same mental thinking, in going about learning how to identify, and then finding that many different birds. This book is an interesting combination of the efforts of Scott Kim, a very well known designer of puzzles; and Dr. Restak Neuroscientist, and Neuropsychiatist that explains various types of

puzzles and what part of the brain is used in solving them. It is generally accepted wisdom that all parts of the body are greatly enhanced by actively using them. There is as much need for people to keep their minds active; particularly as lifespans are continuing to increase.

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