

## The Mindfulness Puzzle Book Relaxing Puzzles To De Stress And Unwind Puzzle Books

Welcome to this fantastic collection of 100 calming puzzles - the perfect accompaniment for a soothing drink and quiet moment. Our selection of slow and steady brain-teasers have no time limits and can be solved at your own pace. Also featured are calming colouring pages which are great for when you want to escape the stress of daily life. Solutions are included towards the back of the book so if at any point the puzzles become anything other than relaxing, take a peek there to give you a helping hand. Other puzzles include: Colour by number - Battleships - Anagram puzzles - Minesweeper - Sudoku - CalcuDoku - Futoshiki - Dot-to-dot - Bridges

This book has been designed for the aspirants preparing for various competitive examinations, bank recruitment examinations, SSC, etc. to train their brain to think logically by trying to solve the simulating logic puzzles. This book will also help in developing problem solving using Brain Sharpening Puzzles. The present book in your hand is the second book i.e. Book B of the series 'Train Your Brain', which has been designed to bend your brain and stretch your mind to think logically. The present book for aspirants of general competition has been divided into four sections namely Let's Start to Train the Brain, Unravel the Mystery, Puzzles and Explanations. This book will help school students to sharpen their thinking skills and problem solving skills. Puzzle books of this series contain Picture Puzzles, Math Puzzles, Word Puzzles, Logic Puzzles, etc. providing you an antidote for lazy or inflexible thinking. The level of difficulty of the questions increases as you go along so you will spend more mind stretching moments with each progressive puzzle. We advice you to take the challenge, see if you can figure out the puzzles before you look up the given explanations. This book will help aspirants of General Competition to sharpen their thinking skills and problem solving skills.

Enjoy an easy and fun way to exercise your memory! In this book, you will find a wonderful selection of activities, puzzles and games which target different memory and brain skills. Short-term memory -- There are many activities that exercise short-term memory in this book including Delightful Details, Particular Pictures, Lovely Lists, Backwards and The Memory Challenge. Long-term memory -- You can exercise your long-term recall of life events and other knowledge through several activities in this book including Writing About Your Life, Cool Categories, Rhyme Time and Well Made Words. Easy Puzzles and Brain Games -- There are many classic puzzles that use either use short or long-term memory throughout this book including Crosswords, Word Searches, Spot the Odd One Out, Find the Differences, and Sudoku. The great variety of activities in this book provide your with an easy way to exercise your memory and have fun at the same time. Timeless in their wisdom, thought-provoking in their message, surprising in their truth and memorable in their originality, the right words can give direction, inspiration, and sometimes a tangible boost onto the right path. For example, Steve Jobs once read "Stay hungry Stay foolish" on the back cover of The Whole Earth Catalog, and those four words came to guide his life. Created by Kathryn and Ross Petras, connoisseurs of quotes, whose books and calendars have over 56 million copies in print, "Dance First. Think Later." is a collection of the greatest life wisdom from an unexpected group of speakers, doers, and thinkers. There are 618 rules to live by—funny, sly, declarative, thoughtful, offhanded, clever, and always profound: "Watch with glittering eyes the whole world around you, because the greatest secrets are always hidden in the most unlikely places." —Roald Dahl "If everything is under control, you are going too slow." —Mario Andretti "Never make a credit decision on a beach."—Victor J. Boschini "Dance first. Think later. It's the natural order."—Samuel Beckett "The only time to eat diet food is while waiting for the steak to cook." —Julia Child "What you spend years building may be destroyed overnight; build it anyway." —Mother Teresa And: "Be yourself. Everyone else is already taken."—Oscar Wilde

Relaxing Brain Training Puzzles for Stressed-Out People

Mindfulness Puzzles, Wordsearch ... Relaxing Theme Wordsearch Puzzles More Than Word and Solutions.

Puzzle Book for Adults Mixed

Ultimate Mind Games

The Classic FM Puzzle Book 365

The Mindfulness Puzzle Book 3

Gray's Anatomy Puzzle Book

Puzzle-solving is a favorite relaxation technique for many, and this book features a wide range of specially selected games to provide the perfect level of challenge and reward for your brain. Feel the tension release as

you focus on each achievable and fun task, and experience the endorphin reward buzz as you successfully complete each puzzle. Stimulating your mind with each puzzle also helps unlock your brain's innate creativity, just as sleep and rest can help you reach a breakthrough on pending tasks. This book will help you feel refreshed and renewed, and ready to carry on with your daily life. Puzzles include a wide selection of standard puzzle types, avoiding the stress of the new, but without the boredom of over-repetition. They also include adult versions of relaxing kids' activities, such as dot-to-dots, mazes and even coloring and spot-the-difference puzzles. Much more than just a puzzle book - a comprehensive collection featuring every major variant of sudoku ever created. Over 25 major sudoku types . . . nearly 150 different variants . . . and almost 500 puzzles, all created especially for this book, including Jigsaw Sudoku, Killer Sudoku and multi-grid Samurai Sudoku. No other collection of Sudoku comes close. This is without doubt the most definitive volume of Sudoku variants ever compiled, with full instructions and solutions included. Praise for The Mammoth Book of Fun Brain Training by the same author: 'The puzzles are fresh and lively' - Will Shortz

The Mindful Universe takes you on a journey through the outer cosmos, exploring its inherently spiritual nature and mindful connection to our inner cosmos.

Keep calm and puzzle on! A collection of over 100 fun puzzles to keep kids busy, entertained and relaxed. Got bored kids stuck at home? This fun and challenging puzzle collection is just what they'll need to stay calm and content - and off their computer screens! Puzzles are a great way for kids to relax and unwind, especially in stressful times. This collection contains a great variety of puzzles including stress-busting sudokus, crosswords, word searches, word wheels, mazes, dot to dots, spot the difference and brainteasers, as well as helpful mindfulness tips for keeping calm. Perfect for travel and school holidays, too.

The Mammoth Book of New Sudoku

Variety Word Search Books

Arrowwords, Crossword, Kriss Kross, Wordsearch, Sudoku and Nonogram Variety Puzzlebook (UK Version)

Creative Challenges to Test Your Brain

"Dance First. Think Later"

Exceedingly Tidy Games and Puzzles for Perfectionists, Control Freaks, Type As, and Others Obsessed with Order

Ten to Zen

This all-levels meditation guide presents a simple 10-minute practice to reduce anxiety and promote well-being. Drawing on his 20 years as a clinical therapist, author Owen O'Kane offers a unique combination of therapeutic and mindfulness techniques for managing stress, improving mental clarity, and putting an end to unhelpful thought patterns. With step-by-step instructions for each minute of the practice and easy-to-follow exercises for developing a daily meditation routine, Ten to Zen is an empowering handbook for finding peace, clarity, and joy—anytime and anywhere. All it takes is 10 minutes.

In 2007, comedian and broadcaster Dermot Whelan arrived at a comedy festival in an ambulance after having a panic attack en route. Realising this was not a sustainable way to travel to future gigs, he decided to become a meditation teacher and learn how to de-stress without annoying the emergency services. Telling Dermot 's own story and offering useful everyday tips and techniques, Mind Full is his funny and accessible guide to meditation. If you feel like you 've lost touch with the happier version of yourself and would like to: SLEEP BETTER REDUCE STRESS, ANXIETY AND DEPRESSION HAVE MORE PATIENCE WITH THE PEOPLE YOU LOVE FEEL LESS ' MEH ' ENJOY LIFE MORE ... this book is for you. You 'll discover that learning to meditate doesn 't require you to blow up your life and move to Nepal, but it does help you make very small changes that make a long-lasting difference. With exclusive access to Dermot 's guided meditations, Mind Full will help you restore your sense of fulfilment, happiness and true contentment. ' Fixed whatever block I had harboured towards the concept of meditation ... I had convinced myself that I wasn 't one of those people. Now I realise there is no prerequisite character type. It 's just for ... people. A lovely, funny, honest book. ' Cillian Murphy, From The Foreword

\*\* WINNER OF 'STOCKING FILLER OF THE YEAR AWARD' GUARDIAN \*\* Pit your wits against the people who cracked Enigma in the official puzzle book from Britain's secretive intelligence organisation, GCHQ. 'A fiendish work, as frustrating, divisive and annoying as it is deeply fulfilling: the true spirit of Christmas' Guardian 'Surely the trickiest puzzle book in years. Crack these fiendish problems and Trivial Pursuit should be a doddle' Daily Telegraph If 3=T, 4=S, 5=P, 6=H, 7=H ...what is 8? What is the next letter in the sequence: M, V, E, M, J, S, U, ? Which of the following words is the odd one out: CHAT, COMMENT, ELF, MANGER, PAIN, POUR? GCHQ is a top-secret intelligence and security agency which recruits some of the very brightest minds. Over the years, their codebreakers have helped keep our country safe, from the Bletchley Park breakthroughs of WWII to the modern-day threat of cyberattack. So it comes as no surprise that, even in their time off, the staff at GCHQ love a good puzzle. Whether they're recruiting new staff or challenging each other to the toughest Christmas quizzes and treasure hunts imaginable, puzzles are at the heart of what GCHQ does. Now they're opening up their archives of decades' worth of codes, puzzles and challenges for everyone to try. In this book you will find: - Tips on how to get into the mindset of a codebreaker - Puzzles ranging in difficulty from easy to brain-bending - A competition section where we search for Britain's smartest puzzler Good luck! 'Ideal for the crossword enthusiast' Daily Telegraph

Use the puzzles in this book to sharpen your mind and improve your ability to focus. The perfect antidote to staring at a screen for hours on end, Paper, Pencil and You: Focus presents over 300 puzzles designed to improve focus in a distracted world. With each one you will learn to eliminate mental distractions, improve concentration and develop your powers of deduction. Test your skills with a range of visual conundrums and lateral-thinking problems that include matching pairs, odd one out and pathfinding. Keen puzzlers will find themselves absorbed in developing their memory and visual processing skills, called on to think laterally and logically to find solutions, and will emerge from each exercise feeling relaxed and refreshed. Switch off from screens, pick up a pencil and focus.

Skull Tattoo Adult Coloring Book

Mensa Boost Your IQ

The Mindful Universe

The Fun and Easy Memory Activity Book for Adults

The Rough Guide Book of Brain Training

How Self-Control Works, Why It Matters, and What You Can Do to Get More of It

Train Your Brain Puzzles Book B

Word Search Book makes a great gift! Experience the simple joy of Classic Word Search Puzzles. Word Search Puzzles in a classic format the perfect gift for adults or kids if you like your puzzles and easy to see then Word Search Puzzles is the book for you. Easy-To-Read format is both challenging and addictive enjoyable in equal measure, and ideal for all Word-Search fans. This book will allow you get lost in the test That Is Word Search. What a great way to increase your vocabulary and activate your mind. Come have fun and sharpen your mind at the same time! and I promise you will enjoy it. Hours of fun and entertainment to enjoy for the novice to expert this

A new collection of over 160 relaxing puzzles to help you de-stress and unwind Bestselling puzzle master Dr Gareth Moore has created a wide range of specially crafted puzzles to provide the perfect level of challenge and reward for your brain, helping you both to relax and release your natural creativity. If you enjoyed the first two books in this series, you'll love this new compilation, which includes all of your favourite puzzle types from the previous books plus some new challenges too. The aim remains the same: feel the tension release as you focus on each achievable and fun task, and experience the rewarding buzz of endorphins as you successfully complete each puzzle. With a mix of both classic and modern puzzle types, this collection includes everything from gentle word puzzles right through to relaxing dot-to-dots, and is sure to contain something for everyone.

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Many people find puzzle-solving relaxing but it is also a kind of mindfulness practice. Puzzles tell you exactly where your attention needs to lie for the moment. It draws your mind into a space that's safe and contained, a space where solving the puzzle is the only thing that matters in that moment. Our Mindful Puzzle Book features 104 Assorted Puzzles to help you focus and reduce anxiety. Each page features an inspiring mindfulness quote. 16 x Arrowwords Puzzles 18 x Kriss Kross Puzzles (with Mindfulness Themed Words) 18 x Crosswords 16 x Sudoku Puzzles ( Easy to Hard ) 18 x Nonogram Puzzles (also known as Hanjie, Griddlers, Picross) 18 x Word Search - (with Mindfulness Themed Words) This is the UK English Spelling version. Additional Features: Suitable for all Levels Beginner to Expert Detailed instructions on how to solve the puzzles Perfectly Sized - 7" x 10" Solutions Can be Found at the Back of the Book Premium Matte Color Cover Puzzle King Publishing: Puzzle Books for Everyone!

Challenge yourself at home with number puzzles Specially compiled to provide the most deadly Su Doku challenge, which currently includes The Mindfulness Puzzle Book from 1 to 5 volume by the same author "WM Puzz Publishing"for Su Doku enthusiasts who need a puzzle that really tests their mettle. Prepare yourself for the toughest Su Doku challenge there is. These diabolically difficult Ultimate Killer Su Doku puzzles will really put your brainpower to the test as you 'warm up' with the 100 Deadly Killer puzzles before steeling yourself to take on the 100 Extra Deadly Su Dokus. Are you ready for the challenge? Not for the faint-hearted. The puzzles use the same 9x9 grid as a regular Su Doku, but have an extra mathematical element that multiplies the challenge. The aim is not only to complete every row, column and cube so that it contains the digits 1 to 9, but also to make sure that the outlined sections, called cages, add up to the number given in each cage.

Warning: Not suitable for amateur puzzlers!

Relaxing Puzzles to De-stress and Unwind

Paper, Pencil and You: Focus

Mindful Puzzles for Kids

A-Z Inspirational Word Search for Adults, Teens and Seniors: Large Print Word Search Puzzle Book to Keep the Brain Active and Mind Relaxed with Positive, Uplifting and Good Vibes Words

Includes Relaxing Memory Activities, Easy Puzzles, Brain Games and More

Ten Minutes a Day to a Calmer, Happier You

Relaxing Puzzles to De-Stress and Unwind

The Mindfulness Puzzle Book Relaxing Puzzles to De-stress and Unwind Robinson

'Britain's King of Puzzles' - Sun A collection of restful puzzles and brain-training activities designed to relieve stress and inspire creativity, for your Kindle or other ebook reader. This ebook features a wide range of specially selected games to provide the perfect level of challenge and reward for your brain. Feel the tension release as you focus on each achievable and fun task, and experience the endorphin-reward buzz as you successfully complete each puzzle. Stimulating your mind with each puzzle also helps unlock your brain's innate creativity, just as sleep and rest can help you reach a breakthrough on pending tasks. This book will help you feel refreshed and renewed, and ready to face the challenges of your daily life. This is first ebook in a series of three books by the same author, which currently includes The Mindfulness Puzzle Book, The Mindfulness Puzzle Book 2 and The Mindfulness Puzzle Book 3. There is a fourth book due to be published later in 2020.

Containing 30 seriously challenging dot-to-dots and over 30,000 dots, Ultimate Dot-to-Dot will entertain and engage puzzlers for hours on end as each puzzle gradually reveals intricate animals, objects and scenes.

Think you know your cranium from your clavicle? Tibia from your trachea? Think again... Test your brain, solve riddles and learn about how the body works with this unique puzzle book using illustrations from Gray's Anatomy. Divided into different sections of the body, the Gray's Anatomy Puzzle Book takes the medical reference classic as its starting point for puzzles, riddles and general knowledge questions that will test your wits and challenge your brain. Learn more about the body in an easy and fun way with questions that vary in difficulty, from easy to fiendish, and are suitable for those with little knowledge of the human body, or those in the know who are interested in testing themselves with a new challenge. Puzzle types include: Sudoku Anagrams Crosswords Encoded pairs Missing letters Secret codes Lettermorphosis Follow visual clues and apply logic to reveal fascinating facts from medical history and learn about how our amazing bodies function.

Hundreds of Challenging Puzzles

The Mindfulness Puzzle Book

Stress Relieving Designs Beautiful Sugar Skulls Easy Patterns for Relaxation

The Mindfulness Puzzle Book 3 - Relaxing Puzzles to De-Stress and Unwind

Puzzle Books for Adults

365 Days of Puzzles to Keep You Sharp

The Willpower Instinct

***This book contains hours of fun with word search puzzles filled with inspirational & uplifting words to stay positive. Perfect puzzle book for anyone who wishes to keep the brain active and mind relaxed while having a calming time. □ 58 word searches - Hours of word-finding with positive & optimistic themed words □ LARGE***

**PRINT -easy visibility with large font size suitable for any age group** □ **PUZZLE SOLUTIONS - solution pages** □ **POSITIVE WORDS - Inspirational words on every page**

**Skull tattoo adults coloring book contains 50 single sided coloring pages. This Book is the ideal way to de-stress and relax for anyone looking to release tension and build up stress in a fun and therapeutic way. Product Details: Premium glossy cover finish design Printed single sided on bright white paper Perfect for all coloring mediums High quality 60# paper stock Large format 8.5" x 11.0" pages The benefits of coloring for this book: Your brain experiences relief by entering a meditative state: Every page you color will pull you into a relaxing world where your responsibilities will seem to fade away Stress and anxiety levels have the potential to be lowered: It can make you more alert and help you perform better in certain situations. Negative thoughts are expelled as you take in positivity: Coloring being referred to as a form of therapy, there are others who welcome the growing trend. Focusing on the present helps you achieve mindfulness: Easy Ways You Can Fit Mindfulness into Your Busy Life Unplugging from technology promotes creation over consumption: Mindfulness and Being Present in the Moment Coloring can be done by anyone, not just artists or creative types: Coloring has been shown to have stress-reducing benefits. The reason? Coloring is said to calm the amygdala, the part of the brain related to the fear/stress response while stimulating the parts of the brain responsible for creativity and logic. It's a hobby that can be taken with you wherever you go: Group coloring time is becoming an increasingly popular activity in many places as clubs and social groups pop up to facilitate it. It is, however, a fun and relaxing activity and an inexpensive way to relax, de-stress and spend some time with friends or your kids. Since it may help sleep, focus, and creativity, I figured a book was worth a try!**

**Tune into a moment of mindfulness with over 300 pencil-ready puzzles. Paper, Pencil and You: Mindfulness presents over 300 puzzles designed to encourage mindfulness in a busy, stressed-out world. From simple word searches and labyrinths to challenging logic problems and visual conundrums, each puzzle helps to keep the brain sharp, while providing a mindful moment free from distractions and worries. The puzzles in this book encourage you to develop mindfulness skills to help relieve the stresses of modern-day living. Each one is designed to channel your mind away from distractions and to focus on the here and now. Work your way through puzzles that include drawing fences, finding hidden words, matching shadows and linking shapes to improve your awareness, instinct and creativity. So, sharpen that pencil, turn over the page and tap into mindfulness.**

**Adult Puzzle Book is the ideal book for anyone who loves puzzles. Packed full of some of the most well-loved puzzles out there, including: Wordsearches, Crosswords, Sudokus, Riddles, Word fills, Missing Numbers, Arrowwords, codewords and many more! 100 puzzles, this book is guaranteed to keep you entertained for hours! \* A Huge variety of fun puzzles designed for adults. \* Discover the benefits of puzzle solving. \* Learn the key skills which are improved from puzzle solving. \* 100 puzzles including Crosswords, Wordsearches, Missing Numbers, Sudokus, Arrowwords, Missing Vowels, Word Fills, Code Words, Cross Numbers, Cell Blocks & Riddles. \* An ideal book for anyone who loves a good puzzle!**

**The Mindfulness Colouring Book  
The Very Satisfying Activity Book  
Paper, Pencil and You: Mindfulness  
Mindfulness Puzzles for Your Kindle  
Mind Full**

**618 Rules to Live By  
Anti-Stress Art Therapy for Busy People**

*An entertaining and comprehensive programme that helps to counteract cognitive decline and build new brain skills in just a few minutes each day. Avoiding tedious rote tasks, it includes a wide variety of challenges and each page focuses on a particular skill: creative thinking; memory improvement; word and language skills; number skills; logic and reasoning; and visual and spatial awareness.*

*Ultimate Mind Games is a fantastic compendium that includes 400 puzzles to test your mind, set up over four sections, so that you can choose the puzzle that fits your mood. Become an all-round puzzler and improve your sudoku, word search, crossword and brain game skills. The perfect way of improving your vocabulary, mental agility and problem-solving skills, this puzzle-packed book will provide you with hours of mind-sharpening fun!*

*Note - Based on feedback we have updated both the Arrowwords so that all the words intersect, and the Kriss Kross puzzles to show the letter counts. This Variety Puzzle Book is a fun way for teens, adults or seniors to sharpen their minds and test their General Knowledge Skills. Including 104 Assorted Puzzles to keep you entertained for hours. 16 x Arrowwords Puzzles 18 x Kriss Kross Puzzles 18 x Crosswords 16 x Soduku Puzzles ( Easy to Hard ) 18 x Nonogram Puzzles (also known as Hanjie, Griddlers, Picross) 18 x Word Search This is the UK English Spelling version. Additional Features: Suitable for all Levels: Beginner to Expert Detailed instructions on how to solve the puzzles Perfectly Sized - 7" x 10" Solutions Can be Found at the Back of the Book Premium Matte Color Cover Puzzle King Publishing: Puzzle Books for Everyone!*

*This large-format activity book contains a wealth of creative pursuits and puzzles that will both challenge the brain and soothe the mind. Relaxing Brain-Training Puzzles for Stressed-Out People*

*A Journey Through the Inner and Outer Cosmos  
De-Stress with This Calming Collection Mindful and Hygge Puzzles  
The Mindfulness Puzzle Book International Edition  
The Adult Activity Book  
The Great Sherlock Holmes Puzzle Book  
Mindfulness Puzzle Book for Adults*

**This title consists of a series of IQ tests, starting at a normal level and progressing thorough to an advanced stage.**

**Based on Stanford University psychologist Kelly McGonigal's wildly popular course "The Science of Willpower," The Willpower Instinct is the first book to explain the science of self-control and how it can be harnessed to improve our health, happiness, and productivity. Informed by the latest research and combining cutting-edge insights from psychology, economics, neuroscience, and medicine, The Willpower Instinct explains exactly what willpower is, how it works, and why it matters. For example, readers will learn: • Willpower**

is a mind-body response, not a virtue. It is a biological function that can be improved through mindfulness, exercise, nutrition, and sleep. • Willpower is not an unlimited resource. Too much self-control can actually be bad for your health. • Temptation and stress hijack the brain's systems of self-control, but the brain can be trained for greater willpower • Guilt and shame over your setbacks lead to giving in again, but self-forgiveness and self-compassion boost self-control. • Giving up control is sometimes the only way to gain self-control. • Willpower failures are contagious—you can catch the desire to overspend or overeat from your friends—but you can also catch self-control from the right role models. In the groundbreaking tradition of *Getting Things Done*, *The Willpower Instinct* combines life-changing prescriptive advice and complementary exercises to help readers with goals ranging from losing weight to more patient parenting, less procrastination, better health, and greater productivity at work.

Satisfying activities for the inner OCD in all of us Neat freaks, rejoice! This clever activity book offers pages of activities that will satisfy your urge for order. From pages of "I"s to dot to almost-finished pictures to complete, Gareth Moore's *The Very Satisfying Activity Book* will be the ideal gift for the person in your life who likes to have everything just so.

The bestselling adult colouring book! Working with your hands is one of the best ways to soothe anxiety and eliminate stress. This stunning, pocket-sized colouring book offers a practical exercise in mindfulness that draws on your creativity and hones your focus. Beautifully illustrated, *The Mindfulness Colouring Book* is filled with templates for exquisite scenes and intricate, sophisticated patterns, prompting you to meditate on your artwork as you mindfully and creatively fill these pages with colour. Take a few minutes out of your day, wherever you are, and colour your way to peace and calm.

#### Brain Games

**The Mindfulness Puzzle Book 5 - Relaxing Puzzles to De-Stress and Unwind**

**A Collection of Enigmas to Puzzle Even the Greatest Detective of All**

**Calming Puzzles for Mindfulness**

**The Mindfulness Puzzle Book 2 - Relaxing Puzzles to De-Stress and Unwind**

**Puzzles for Mindfulness**

**Adult Puzzle Book**

\*\*\* With a foreword by Alexander Armstrong. Do you know your Chopin from your Schubert? Your concerto from your cadenza? The *Classic FM Puzzle Book 365* will test your musical knowledge to the very core, with a fiendishly difficult puzzle to challenge you every single day of the year. From quizzes to wordsearches, logic tests to missing symbols - via emojis, sudoku, crosswords and more - our classical music experts have created a compendium of puzzles to keep you guessing the whole year round.

My mind rebels at stagnation. Give me problems, give me work, give me the most abstruse cryptogram or the most intricate analysis, and I am in my own proper atmosphere. -Sherlock Holmes, *The Sign of the Four*. Pit your wits against the greatest detective of them all with this collection of over 130 fiendish and hugely entertaining puzzles and enigmas. Some involve riddles, some plays on words, and some rely on mathematical principles. Use your powers of logical deduction, and see if you can match the towering intellect of Sherlock Holmes. Not only does this collection include brilliant puzzles to ponder over, but it presents these quandaries within exchanges between Holmes and Watson. In this way, this puzzle book retains the same cosy Victorian charm that Holmes' tales are so loved for. Featuring the original pen and ink illustrations by Sidney Paget and George Hutchinson, this gorgeously designed puzzle book will immerse you in Holmes's mysteries and keep you entertained for hours!

The *Rough Guide Book of Brain Training* contains 100 days' worth of puzzles designed to give your brain a thorough work-out. Just 5 puzzles a day will lead to a smarter you. Combining favourites such as sudoku and kakuro with many entirely new puzzle types, puzzle creator Dr Gareth Moore exercises every part of your mind - from processing speed, mental arithmetic and problem-solving to memory and creativity. Every ten days, a test page allows you to chart your progress, while throughout the book Dr Tom Stafford's incisive and thought-provoking text explores the wonders of our brain and how we can get better at using it to its full potential. Offering much more than other brain-testing books *The Rough Guide Book of Brain Training* answers mind-boggling questions such as 'does classical music make you more intelligent?' and 'can we slow down or stop the ageing of our brain?' This guide is guaranteed to give your brain a thorough work-out.

A collection of restful puzzles and brain-training activities, designed to relieve stress and inspire creativity. This is a compilation of various non-language-specific, visual, creative, number and logic puzzles from the bestselling *Mindfulness Puzzle Book* series, which has sold over 208,000 copies to date. This international edition is the fifth in this series of books by Dr Gareth Moore, which currently includes *The Mindfulness Puzzle Book*, *The Mindfulness Puzzle Book 2*, *The Mindfulness Puzzle Book 3* and *The Mindfulness Puzzle Book 4*. There is also an ebook, *Mindfulness Puzzles for Your Kindle*. Puzzle-solving is a favourite relaxation technique for many, and this book features a wide range of specially selected games to provide the perfect level of challenge and reward for your brain. Feel the tension release as you focus on each achievable and fun task, and experience the endorphin-reward buzz as you successfully complete each puzzle. Stimulating your mind with each puzzle also helps unlock your brain's innate creativity, just as sleep and rest can help you reach a breakthrough on pending tasks. This book will help you feel refreshed and renewed, and ready to carry on with your daily life. Puzzles include a wide selection of standard puzzle types, avoiding the stress of the new, but without the boredom of over-repetition. They also include adult versions of relaxing kids' activities, such dot-to-dot puzzles, mazes, colouring-in and spot-the-difference puzzles.

The Mindfulness Puzzle Book 4

Mixed Activity Puzzlebook - 104 Relaxing Puzzles with Inspiring Mindful Quotes (UK Version)

Ultimate Dot-to-Dot

The GCHQ Puzzle Book

100 Assorted Puzzles

Unwreck your head, De-stress your life