



## Brain Gym



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While working out and sweating out in gym have become the order of the day, there is little we generally do about mental fitness. The result is that our mind begins to age prematurely resulting in sluggish thinking and blocks in problem-solving. The book Brain Gym is specially written to restore our lost mental health. The puzzles and brain-teasers given in the book ensure flexing of your brain muscles, thus making them adept at quick thinking and analysis of problems. Packed with a host of puzzles, the book will boost up lateral thinking ability among the readers, which is very important in solving the day-to-day problems.

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