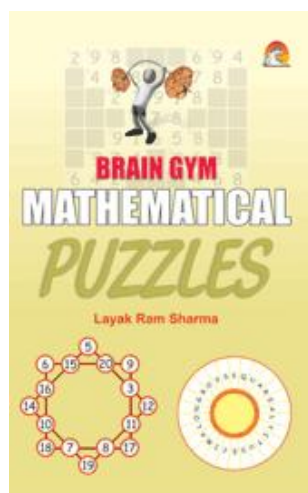




## Brain Gym Mathematical Puzzles



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Visiting gymnasiums and health clubs for maintaining physical fitness has become very much of part of our modern life. But there is little public awareness about maintaining mental health despite the fact that mental fitness is as important as physical fitness in our day-to-day life. Thanks to the lack of awareness and mental exercises, many people cut a sorry figure when it comes to problem-solving.

This book is aimed at stimulating and rejuvenating the power of your brain through a number of puzzles and brain-teasers.

How will you be benefited?

- Your brain muscles will be flexed
- Quick thinking and analytical abilities will be enhanced
- Your lateral thinking abilities will be boosted up

Now, read and restore your mental health...

## Contents

1. Fun with Numbers
  2. Joy of Addition
  3. Fun with Series
  4. Game of Signs
  5. Magic Squares
  6. Code Puzzles
  7. Mathematical Terms
  8. Sudoku
  9. Chain Quiz
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