



Memory Games: Easy Ways to Keep Your Mind Sharp

Jack Botermans, Heleen Tichler

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It's possible to train your brain, give your memory a quick pick-me-up, and alleviate the effects of aging. The mind deteriorates when it's not kept active, but this attractively illustrated workout—complete with exercises, tests, and tips—helps keep those mental muscles sharp. Each game focuses on a particular skill: language, spatial recognition, concentration, logic, structure, associative thinking, general knowledge, and more. Put seven mixed-up letters in the right order to create the correct word. Pick out the pair of planes that do not fit into a square. Try to remember the pattern in which eight roses are laid out—then turn the page and find the ninth rose that has been added. Not only are these drills memory-boosting, they're fun!

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