



Build Your Brain Power: The Art of Smart Thinking

Simon Wootton, Terry Horne

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This new edition of a popular guide to improving your mental agility will help you improve your performance at work and sharpen your thinking skills in all areas.

Based on the latest scientific findings and including up-to-date coverage of how meditative skills such as mindfulness can enhance your brain power, this book gives you everything you need to get a mental edge.

It challenges you to think on your feet with hundreds of puzzles, quizzes and problem-solving games, while giving you lifestyle advice on diet, exercise and lifestyle choices. Showing you how to put your new, more powerful brain to the test at work, home and play, this is a smart guide for any smart professional who wants to be brighter, quicker and in the lead at all times.

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