

## Puzzles for Adults



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*(Dr. Reta Murphy)*

## PUZZLES FOR ADULTS



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Keep your brain young! Increase your IQ for success in business, work love! The average God-given IQ of an adult is 150. The average effective (day-to-day) IQ is only 100-110. Medical science cannot yet increase the God-given IQ. However, we can increase the daily effective IQ by various mental activities among them puzzle solving. Put a puzzle in front of a child and watch what happens. Its amazing, really. With no explanation or modeling the child will simply get to work, taking the puzzle apart and putting it back together piece by piece. Children are like this. They run, they jump, they seek out challenges and new experiences, and teach themselves by being playful and curious. At some point though, its hard to say exactly when, we stop playing. We exercise our bodies and our minds only when we have to, focusing on the results and dreading the process. I created this book of challenging puzzles to help adults return to that state of mind we generally associate with the very young: a place where learning is accomplished in a spirit of play, recreation, and adventure. I created this book because I believe that puzzles of all kinds, whether crosswords, anagrams, or Sudoku puzzles, can remind us to be curious and to see challenges as exciting rather than daunting. Though Ive written many brain puzzles for children, this is specifically a book for those of us ages 18 and up. Its a book for the student seeking to improve his English or Math skills; as well as a book for the teacher trying to find new ways to connect her students with the material; or...



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