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Do you ever worry about the fitness of your mind as well as that of your body?

The Rough Guide Book of Brain Training contains 100 days' worth of puzzles designed to give your brain a thorough workout. Brain training is the new craze that can improve your mind's performance in a multitude of ways, and this book – the first interactive Rough Guide – allows you to play along, fill in the gaps, and exercise your mind.

There are 500 puzzles with favourites such as sudoku and kakuro alongside many entirely new puzzle types. All the solutions are included (at the back) and regular test pages allow you to chart your progress.

But it's not just a puzzle book. It explains some of the most recent scientific research into our grey matter, as well as providing a plethora of weird and wonderful facts. ***The Rough Guide Book of Brain Training*** answers mind-boggling questions such as:

- Does classical music make you more intelligent?
- Do teenagers learn better if they lie-in?
- Was Einstein's brain any different from yours?

So, if you ever feel as if – like the sea slug – your body may have started to digest your brain, this is the book for you. When it comes to the old grey matter, the book's message is clear: 'Use it or lose it!'

The Rough Guide's Top 10 tips to Brain Fitness:

1. Our brain changes over our lifetime, it's never too old to get benefits from brain training.
2. Grabbing 40 winks really makes a difference.
3. "I have no particular talent. I am merely inquisitive" (Einstein), seek out information, don't just sit back.
4. Play games – 'play' increases your ability to multitask and focus.
5. Role-play your way through the problem: thinking like someone else can help: preferably someone more intelligent!
6. Music is an age-old tool for inspiration and focusing the mind.
7. Oxygen and sugar: the essential partners to greater thinking.
8. Use your imagination more: lateral thinking pays dividends.
9. Take a walk, have a nap, lock yourself away....find out where you think best.
10. Most students get as much benefit from organizing their revision notes as trying to memorise them.

About the authors:

Puzzle creator Dr Gareth Moore has written many brain-training and puzzle books, including 'Keep Your Brain Fit'. He also writes the challenging logic puzzle magazine 'Sudoku Xtra'.

Author Dr Tom Stafford is a lecturer in Psychology at the University of Sheffield. He co-authored *Mind Hacks*, a popular guide to the workings of the mind and brain.

Notes for Editors:

***The Rough Guide Book of Brain Training* – NEW**

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