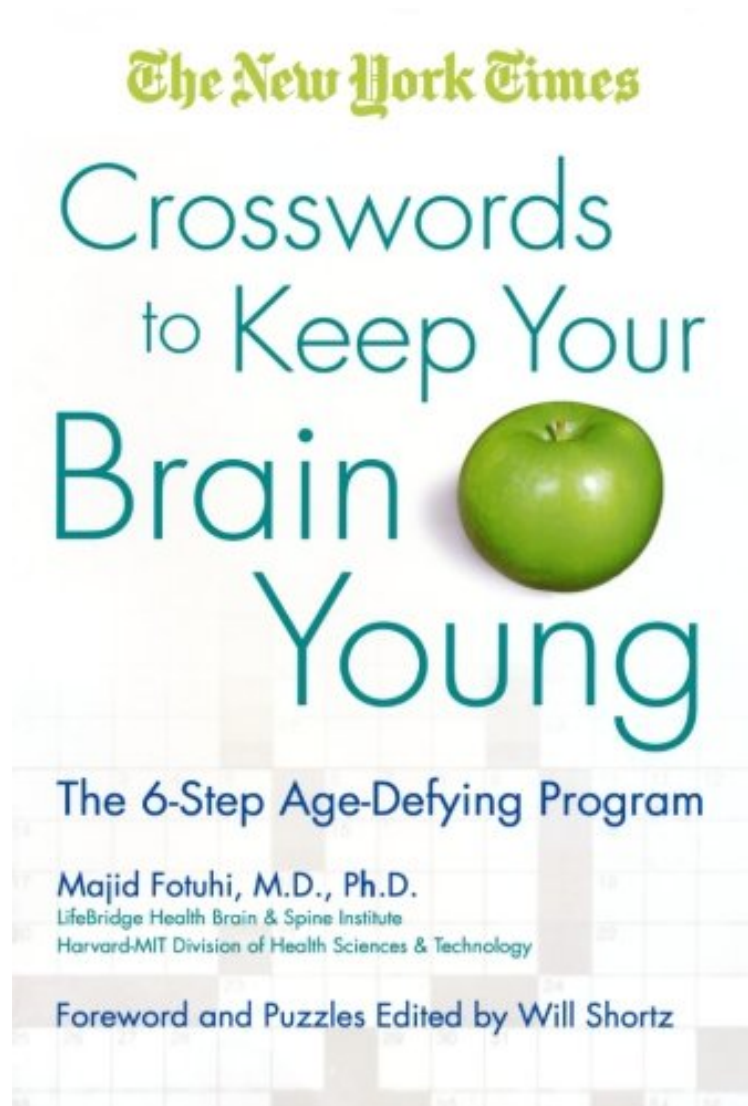


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The New York Times Crosswords to Keep Your Brain Young: The 6-Step Age-Defying Program (New York Times Crossword Puzzle)

*The New York Times, Majid Fotuhi M.D. Ph.D.
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The New York Times, Majid Fotuhi M.D. Ph.D. : The New York Times Crosswords to Keep Your Brain Young: The 6-Step Age-Defying Program (New York Times Crossword Puzzle) before purchasing it in order to gage whether or not it would be worth my time, and all praised The New York Times Crosswords to Keep Your Brain Young: The 6-Step Age-Defying Program (New York Times Crossword Puzzle):

2 of 2 people found the following review helpful. Too Hard for People Like Me Who Are Beginning to Have Memory

ProblemsBy CustomerI've been diagnosed with mild cognitive impairment. I'm not a lifetime crossword puzzle person, but I've been doing the one in our local paper over the past year or so. It seems so easy that I bought this book for a change. Since it mentions keeping your brain young, I thought it might be aimed at people like me, but it is definitely not. I don't think I would have known most of the answers when I was at full brain power. (And only for the purpose of this review, I was rated in the top 2 percent in the nation on the senior high school tests we took before college, so I'm no dummy.) This book is for people who've been doing difficult crossword puzzles for many years, and know the ins and outs that you learn from doing them. Most of the clues to the puzzles in this book are esoteric, so if you aren't a regular Will Shortz crossword puzzle fan look for an easier book! By the way, I'm familiar with the co-author Majid Fotuhi, and I endorse him and what he writes 100%, so if you are now really sharp and want to stay this way, I suspect this book might be perfect!2 of 2 people found the following review helpful. OkayBy deniseI bought this book for my mom who is experiencing some memory loss. I had hoped it would help improve her memory. While it has good information in it, the puzzles are very difficult, and it has been discouraging for her. My sister and I tried to help her with a few of the puzzles to "jump start" her, but we couldn't even get the answers ourselves without looking in the back of the book. Maybe this is better for avid crossword puzzle solvers, not for beginners. The way it is advertised, it seems like it would be good for anyone with memory issues.0 of 0 people found the following review helpful. Keep your brain fine tuned!By E.L. YassinI have memory impairment. So I was looking for something to help me keep my brain strong and vital. This is a great book for that purpose. It s easy to understand and use. You can through it in your purse and use it anytime you have a spare few minutes. I would recommend this book to anyone trying to keep their brain and memory strong and healthy or to anyone who is experiencing memory loss. Well worth the money for me.

Many puzzle fans enjoy crosswords not just for the fun but for the benefits--puzzles help keep the mind limber and vocabulary expanding. The 150 crosswords in this book are divided into chapters, with each chapter focusing on a specific brain-boosting theme: vocabulary building, memorization, problem solving, etc. Will Shortz has paired up with a top neuroscientist, Dr. Majid Fotuhi, who provides introductions to each chapter and additional insight into brain health as well as facts and tips to keep your mind sharp!

[Will Shortz] is the crossword king. Steve Kroft, 60 MinutesThe prince of crossword puzzlers. Greenwich MagazineThe Riddler's got nothing on Will Shortz. Time Out New YorkWill Shortz is [the crossword book world's] John Grisham. Martin ArnoldAbout the AuthorDr. MAJID FOTUHI, MD. Ph.D. is the head of the Center for Memory and Brain Health at LifeBridge Brain Spine Institute in Baltimore. Dr. Fotuhi has faculty appointments at Harvard Medical School, Johns Hopkins University and MIT and is the author of "The Memory Cure."WILL SHORTZ has been crossword editor of The New York Times since 1993. He founded both the American Crossword Puzzle Tournament and the World Puzzle Championship. He is Puzzlemaster for "Weekend Edition Sunday" on NPR.