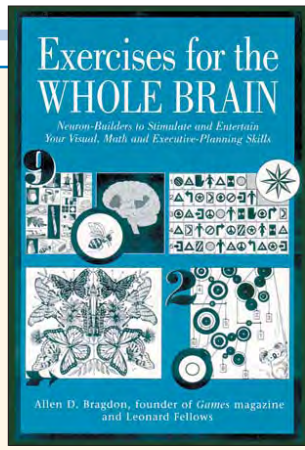


## Brains that work a little bit differently

"...Bragdon and Gamon, both of whom are well qualified, have produced a nifty volume. Displayed, this title would attract many intelligent readers."  
— Today's Librarian

"This informative and entertaining book about recent discoveries surrounding ten types of brain abnormality is the result of collaboration between a Ph.D in cognitive science and the founding editor of Games magazine ... While presenting lots of fun facts, the book also manages to convey a great deal of solid brain research."  
— Gloria Levine, Freelance Education Writer

**Authors/Editors/Translators:** Allen D. Bragdon and David Gamon, Ph.D.  
**Description:** Recent discoveries about 10 common brain diversities ranging from ADHD and Alcoholism to Dyslexia, Left-handedness, Photo Memory, Winter Blues. Includes 12 diagnostic tests and checklists, 16 illustrations, index  
**Year published:** 2000 ■ **ISBN number** 0-916410-67-6  
**Size:** 5.5" x 8.25" ■ **Pages:** 128 ■ **Binding:** Trade Paper  
**Price:** U.S.: \$9.95, CAN: \$14.95



## Exercises for the WHOLE BRAIN

"...chock-full of illustrations, cartoons and helpful keys to improving language, math and other cognitive skills."  
— Cape Cod Times

**Authors/Editors/Translators:** Allen D. Bragdon and Leonard Fellows  
**Description:** 60 fascinating neuron-builders to stimulate and entertain brain systems involved in visual, math and executive-planning skills  
**Year published:** 1999 ■ **ISBN number** 0-916410-65-X ■ **Size:** 5.5" x 8.25"  
**Pages:** 128 ■ **Binding:** Trade Paper ■ **Price:** U.S.: \$7.95, CAN: \$11.95

1	2	3	4	5
2				
3				
4				
5				

- 1.SVAEH 2.NVAEH 3.TAVER  
4.SERVE 5.TERNE

Rearrange each group of letters to form a word. Place the word in the grid, starting in its numbered square, so that each word reads the same across and down.

Solutions on back page.

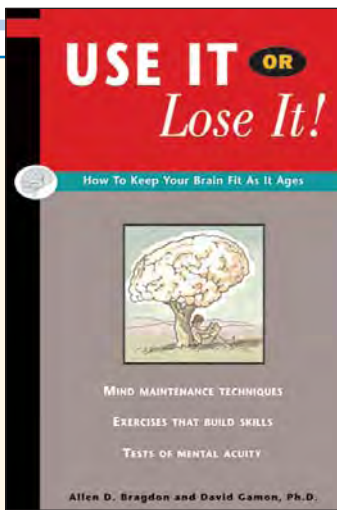
16	17	38		
0	3	6	8	9
2	5	10	12	13
1	4	7	11	14

Above are three groups of numbers in random order. In which group —A, B, or C — should each of the numbers at the top be logically placed?

## USE IT OR Lose It!

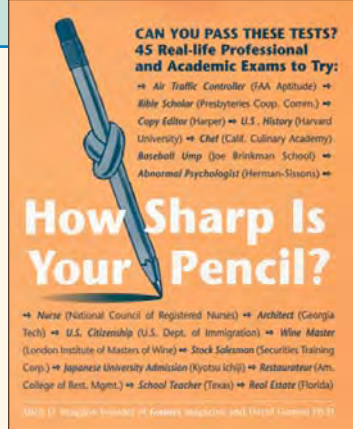
"Best self-help book on memory I've seen in my 25 years in gerontology....A highly informative, useful and fun resource for keeping your brain fit as it ages."  
— Dr. David Demko, Editor Ageventure News Service

**Authors/Editors/Translators:** Allen D. Bragdon and David Gamon, Ph.D.  
**Description:** How to keep your brain fit as it ages. Dozens of mind-maintenance techniques. Diagnostic tests of mental acuity, self-tests, targeted brain exercises  
**Year published:** 2000 ■ **ISBN number** 0-916410-68-4  
**Size:** 5.5" x 8.25" ■ **Pages:** 144 ■ **Binding:** Trade Paper ■ **Price:** U.S.: \$9.95, CAN.: \$14.95

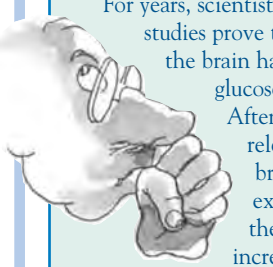


## How Sharp Is Your Pencil?

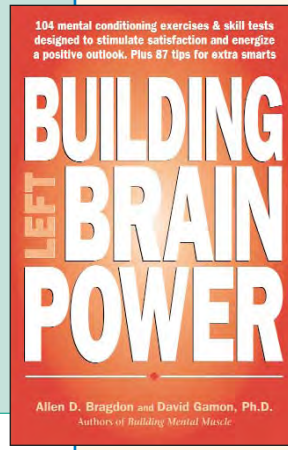
**Authors/Editors/Translators:** Allen D. Bragdon and David Gamon, Ph.D.  
**Description:** 46 real-world professional and academic qualifying exams, with answers, ranging from Harvard U.S. History to Computers, Business Ethics, Air-Traffic Control, Teacher, Truck Driver, Real Estate and Winemaster  
**Year published:** 1999 ■ **ISBN number** 0-916410-64-1  
**Size:** 7.375" x 9.125" ■ **Pages:** 432 ■ **Binding:** Trade Paper  
**Price:** U.S.: \$17.95, CAN: \$26.95



## Didjknow... THINKING INCREASES BLOOD FLOW TO THE BRAIN



For years, scientists thought blood flow to the brain was constant, but recent studies prove that blood flow increases when you think. In order to think, the brain has to create energy. Energy is created by breaking down glucose, and to do that, fresh oxygen is needed from the blood. After glucose is broken down, byproducts of metabolism are released and quickly taken up by the blood and away from the brain. The body knows exactly what parts of the brain require extra blood. Blood flow will increase to the area specialized for the problem being solved. PET scan studies show blood flow increases more in the left brain for analogies and more in the right brain for tests that require spatial reasoning.

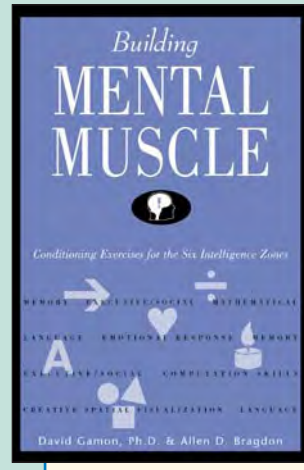


## BUILDING BRAIN POWER

"!!! Very Good...14 kinds of puzzles to increase mental skills by building neurons."  
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— Public News Service, Today's Books

**Authors/Editors/Translators:** Allen D. Bragdon and David Gamon, Ph.D.  
**Description:** 104 Left-Brain neuron-building exercises to build confidence and a positive attitude, plus 87 tips to strengthen job-performance skills  
**Year published:** 1999 ■ **ISBN number** 0-916410-63-3

**Size:** 5.5" x 8.25" ■ **Pages:** 320 ■ **Binding:** Trade Paper ■ **Price:** U.S.: \$14.95, CAN: \$22.95



## Building MENTAL MUSCLE

"This is a dazzling broad study of the six zones of practical intelligence...Gamon and Bragdon are well-versed in the cognitive sciences and they present fascinating results of academic research into brain functions....an important contribution to our understanding of understanding. Page after page of surprising and pleasing and curious suggestions in this rich harvest of over 300 pages."  
— The Book Reader

**Authors/Editors/Translators:** Allen D. Bragdon and David Gamon, Ph.D.

**Description:** Conditioning exercises for the six Intelligence zones. 76 brain exercises, 12 self-scoring tests, 30 photos, 102 line drawings and diagrams. Quality Paperback Book Club, Prevention Book Club selections  
**Year published:** 1999 ■ **ISBN number** 0-916410-62-5  
**Size:** 5.5" x 8.25" ■ **Pages:** 320, 2-color ■ **Binding:** Trade Paper  
**Price:** U.S.: \$14.95, CAN: \$22.95

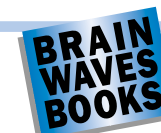
1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	

Rearrange the figures in the squares in such a way that each horizontal and vertical row and the two corner-to-corner diagonals total the sum of 30.

Solution on back page.



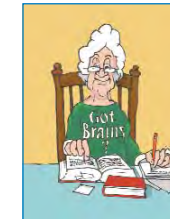
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# A FUN AND INFORMATIVE WAY TO EXERCISE THE MIND



**B**ragdon, an author and editor of professional, academic and how-to books, is co-director of the Brainwaves Center, of Cape Cod, MA. Brainwaves Books is the publishing arm of the center (www.brainwaves.com). Gamon is a researcher and writes on cognitive science. The center's mission is to distill applicable facts from neuroscience research and make the information clear and appealing to the public...." — Shirley Friedman, The Star Ledger, New Jersey



From **Use It or Lose It!**, pages 26 - 71

## MENTAL LAPSES THAT YOU DON'T NEED TO WORRY ABOUT

- SIGNS OF NORMAL, HEALTHY AGE-RELATED DECLINE
- RESEARCH PROVES THAT "USING IT PRESERVES IT"
- MAKING YOUR MEMORY WORK FOR YOU



Stress, inactivity, substance abuse and depression can cause short-term memory lapses, but these conditions can be reversed and memory improved.

Solutions:

4	8	15	3
7	11	12	
9	5	2	14
10	6	1	13

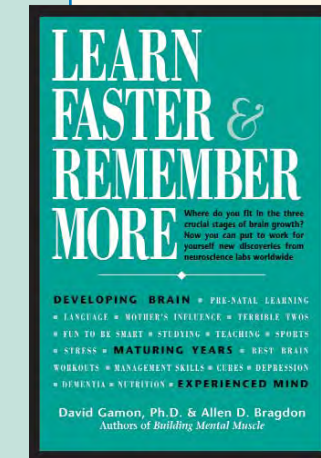
The numbers in group A are all shapes with only straight lines. Group B contains both curved and straight. Soooo, 38 belongs in group A; 16 in group B and 17 in group C.

S	H	A	V	E
H	A	V	E	N
A	V	E	R	T
V	E	R	S	E
E	N	T	E	R

3	1	1	2	3
5	8	13	21	
34	55	89	144	

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Notes:



## LEARN FASTER & REMEMBER MORE

How New and Old Brains Acquire & Recall Information

**Authors/Editors/Translators:**

Allen D. Bragdon and David Gamon, Ph.D.

**Description:**

Recent discoveries, practical applications, performance tests, and skill-building exercises. 50 illustrations, 20 diagrams, glossary, index, bibliographies

**Year published:** 2001 ■ **ISBN number** 0-916410-79-X

**Size:** 5.5" x 8.25" ■ **Pages:** 320 ■ **Binding:** Trade Paper

**Price:** U.S.: \$14.95, CAN: \$22.95



Vitamin E:  
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## Internationally acclaimed...

"...books by Bragdon and co-author David Gamon, Ph.D. — with titles like *Use It or Lose It!*, *Building Mental Muscle*, *Building Left-Brain Power*, and *Exercises for the Whole Brain* — are full of games and puzzles, exercises, and self-tests for honing intellectual and memory skills."

— Jeanie Davis, WebMD Medical News



1	1	2	3
5	8	13	21

Study the pattern in the squares above, then fill in the bottom line by writing the correct number in each box. See back for solution.

BOOK-OF-THE-MONTH SELECTION

## BRAIN-BUILDING GAMES WITH WORDS & NUMBERS (MOSTLY)

**Authors/Editors/Translators:**

Allen D. Bragdon and David Gamon, Ph.D.

**Description:**

A personal mind-training program with 176 performance tips and skills-targeted puzzles to increase memory, math and language dexterity. A 3-month brain-training program.

**Year published:** 2001 ■ **ISBN number** 0-916410-78-1

**Size:** 6.125" x 7.5" ■ **Pages:** 224 ■ **Binding:** Trade Paper

**Price:** U.S.: \$14.95, CAN: \$22.95

3 MONTHS TO A BETTER BRAIN: 182 Performance Tips & Fun Puzzles to Increase Memory, Math & Language Skills

# BRAIN BUILDING GAMES WITH WORDS & NUMBERS

Allen D. Bragdon, Founding Editor of GAMES Magazine  
David Gamon, Ph.D.