

# Table of Contents



## **Introduction . . . . . 1**

About This Book.....	1
Conventions Used in This Book .....	2
Foolish Assumptions .....	3
What You're Not to Read.....	3
How This Book Is Organized.....	4
Icons Used in This Book.....	4
Where to Go from Here.....	5

## ***Part I: Preparing Your Puzzle Strategies..... 7***

### **Chapter 1: Puzzling for Your Health. . . . . 1**

Pumping Up Your Synapses .....	10
Building a Cognitive Reserve.....	11
Taking a Whole-Body Approach to Brain Health.....	12

### **Chapter 2: Playing with Letters and Words: Logic and Word Puzzles, Riddles, and Crosswords . . . . . 17**

Getting Logical.....	13
Fiddling with Riddles .....	20
Decoding Cryptograms.....	20
Straightening Out Word Scrambles.....	23
Relaxing with Word Searches .....	26
Tackling the Crossword Grid .....	27

### **Chapter 3: Fun with Numbers: Taking On Sudoku . . 29**

Jumping into the Sudoku Craze.....	29
Applying Strategies .....	31
Taking Target Practice .....	35

***Part II: Getting a Complete Puzzle Workout.....37***

**Chapter 4: Puzzles. . . . . 39**

Logic Puzzles .....	39
Riddles .....	42
Cryptograms .....	45
Word Scrambles.....	50
Word Searches .....	53
Crossword Puzzles .....	104
Sudoku Puzzles .....	222

***Part III: The Payoff: Checking***

***Your Answers .....317***

**Chapter 5: Answers . . . . . 319**

***Part IV: The Part of Tens .....411***

**Chapter 6: Ten Other Types of Puzzles and Games to**

**Keep Your Mind Fit.....413**

Ogling Optical Illusions .....	414
Tackling Letter Equations .....	414
Solving Math Puzzles .....	415
Assembling Jigsaw Puzzles .....	415
Building Models .....	415
Playing Electronic Games.....	416
Playing Chess.....	416
Strategizing with Scrabble .....	417
Conquering Card Games.....	417
Working Up a Sweat .....	417



**Chapter 7: Ten Ways to Be a Better Puzzler . . . . . 419**

Practice, Practice, Practice!.....	419
Figure Out Your Puzzle Editor's Style .....	420
Mix It Up .....	420
Create the Right Environment .....	421
Sever Ties with Your TV .....	421
Listen to Classical Music .....	421
Hone Your Concentration.....	422
Exercise Your Memory .....	422
Improve Your Physical Health .....	423
Shake Up Your Routines .....	423