



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

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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!



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