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A puzzle book benefits adults by stimulating the brain to remain active and healthy. Research proves that working on puzzles not only can help to improve memory skills in adults, they encourage more blood flow to the brain that can be helpful in slowing down the aging process. A puzzle book offers a wide variety of ways that an adult can sharpen their thinking, memory, reasoning, concentration, attention and non-verbal skills. Doing puzzles on a regular basis benefits brain health!

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