



## BRAIN GYM MATHEMATICAL PUZZLES

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By LAYAK RAM SHARMA

Unicorn Books, 2011. Paperback. Book Condition: New. Visiting gymnasiums and health clubs for maintaining physical fitness has become very much of part of our modern life. But there is little public awareness about maintaining mental health despite the fact that mental fitness is as important as physical fitness in our day-to-day life. Thanks to the lack of awareness and mental exercises, many people cut a sorry figure when it comes to problem-solving. This book is aimed at stimulating and rejuvenating the power of your brain through a number of puzzles and brain-teasers.



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