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Review of “Brain Games #1: Lower Your Brain Age in Minutes a Day (Volume 1)” Date: August 29, 2020 Best place to buy: Amazon.com Price: \$8.69 (spiral-bound) This book was developed to help readers increase their memory, sharpen their reasoning, and expand their creative thinking.

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Elkhonon Goldberg (Editor) 3.96 · Rating details · 91 ratings · 1 review. This is the first book in the popular Brain Games Lower Your Brain Age in Minutes a Day series, which was developed to help people increase their memory, sharpen their reasoning, and expand their creative thinking. Working the puzzles in this book can provide a vigorous mental workout for virtually everyone from teenagers to senior citizens.

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