



Mental Aerobics -- Math Puzzles for Everyone (Volume 1)

James Albert Moehlenbrock

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Why Should You Buy This Book? If you are the parent of an elementary school student, this book will help your child master the multiplication tables giving him or her the foundation needed for grasping new math concepts with speed, accuracy, and confidence. If you are a high school student, this book will sharpen your thinking speed while giving you practice at developing a logical plan for solving each puzzle, especially the more advanced ones. If you are a senior citizen, solving these simple to complex puzzles may help you ward off Alzheimer's. Also, you'll discover that you and your grandchildren can solve these puzzles together or in competition with one another. This book can serve as a tool for connecting loved ones in a family-fun activity. If you are a teacher these puzzles can challenge your students' minds before the day's lesson or while you are fulfilling last minute office requests. For everyone, these puzzles are just plain fun! Every individual puzzle is based on the multiplication tables (or multiplication facts, as they are sometimes called) from one through nine. Therefore, the puzzles are actually suitable for anyone from the third grader, to whom the tables are generally introduced, through adulthood. If you can't recall all the multiplication facts, there is a simple exercise in the Help Section toward the back of the book that can help make you an expert very quickly. Also, there are four timed tests in the back that can tell you how proficient you already are. The two examples on pages 9 and 10 will explain how to begin. You may soon discover that these puzzles can be addictive. An increased liking for math will become evident, too. Enjoy the challenges ahead of you as well as the benefits.

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