



Gokigen Puzzle Book 1: 200 Easy Puzzles

Kenneth Quinlan, WMC Publishing

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Gokigen Naname (known generally as Gokigen, Slalom or Slant) is a logic puzzle game. Gokigen puzzle books are fast becoming popular today because the game is easy to learn and puzzles are available at various levels of difficulty, ranging from easy, through medium and hard to very hard.

Often classed as logic games and puzzles or brain teasers for adults and kids alike, Gokigen puzzles require logic and deductive reasoning to find a solution. Gokigen is also commonly found under the category of math puzzles but, in fact, no knowledge of mathematics is required.

Suitable for all ages, Gokigen is a brain game for seniors, adults and kids which is excellent for brain training at younger ages, and can help us to continue learning and stay mentally healthy throughout our lives. In fact, recent studies have shown that tackling puzzles of this nature may well play a very important role in helping lower the risk of dementia with ageing.

Brain games and brain teasers like Gokigen can be played anywhere, and so it is ideal for moments of down-time during the day or, for example, for combating such things as the boredom of commuting.

If you have not yet learned how to play Gokigen then you will discover that it is a great way to escape, relax, keep your mind active and, most important of all, have Fun!

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