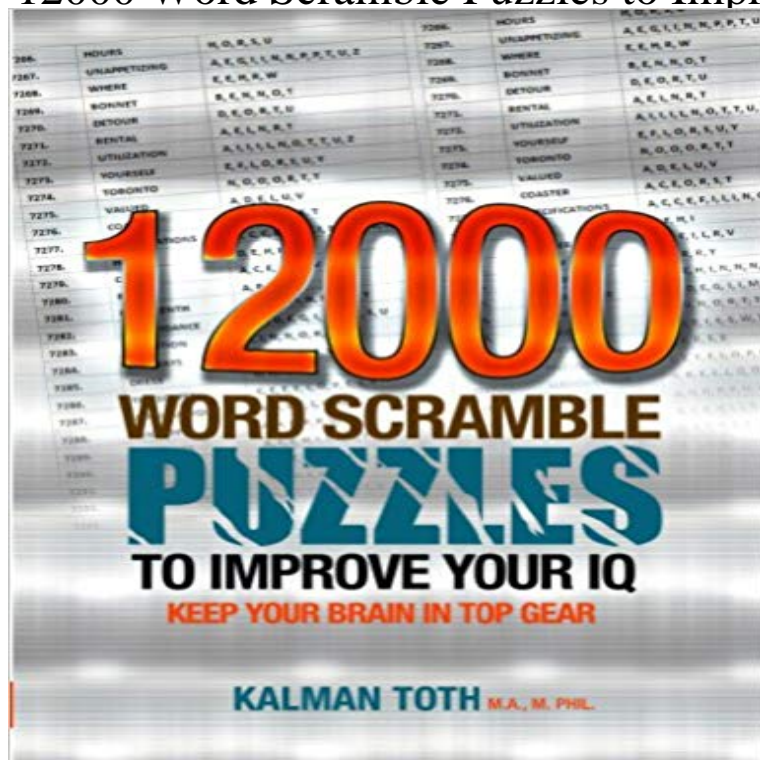


12000 Word Scramble Puzzles to Improve Your IQ



SOLVING WORD SCRAMBLE PUZZLES IS ONE OF THE BEST WAYS TO MAINTAIN THE BRAIN IN TOP OPERATING CONDITIONS. THE LETTERS IN 12,000 WORDS ARE SCRAMBLED IN ABC ORDER. SOLUTIONS ARE GIVEN FOR ALL PUZZLES. Overall Benefits of Solving Word Puzzles Improved Effective IQ The title indicates that these Scramble puzzles are designed To Improve Your IQ. Intelligence Quotient IQ is a scientific assessment of your intelligence. Your IQ is determined by measuring your problem solving abilities, memory, general knowledge, and spatial imagery. The average God-given IQ of an adult is 150. It cannot be increased by medical science, because of the microbiology of the brain. It can, however, be improved. The average effective (day-to-day) IQ is only 100-110, mostly due to neglect lack of brain exercises. Therefore, if you exercise your brain, you can increase your effective IQ. Word puzzles, such as Scramble, provide the necessary mental activity. Mental Exercise Word puzzles help expand vocabulary, strengthen word recall, and improve memory. You do not realize while you are working puzzles that you are using thinking skills. Your brain learns new skills and acquires knowledge throughout your life. Mastering puzzle-solving skills improves your thinking. Scramble puzzles will improve your focus and attention. When you are working on a puzzle, you need an environment that is relatively free of distractions. Puzzle solving is a solitary activity. The concentrated attention you must give to the solution of a Scramble is an excellent skill to develop which can help you in many areas of your life. Deduction is an important critical thinking skill. Scramble puzzles provide you with an opportunity to learn organizational skill as you apply different solution methods. Practicing the process of elimination

seeking and finding possible answers, also requires deduction. Scramble puzzles provide you with an activity that is not only fun, but also mentally challenging. Your brain needs regular playtime to form new patterns and complex neural networks naturally. Your mind requires nurturing just like your body. After all, exercise is not just about jumping jacks and free-weights. Both your body and your mind need stimulation and exercise. Puzzles are great for mind maintenance and mental stimulation.

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