



# **The Brain Works: X-Train Your Brain Volume 2: Building Core Strength (Brain Works (Sellers))**

*Corinne Gediman, Dr. Francis Crinella*

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In Volume 2: Level 2: Building Core Strength, the brain puzzles are more challenging than the beginner exercises of Volume 1, but they are not at the intermediate level of Volume 3 or the advanced level of Volume 4. The Level 2 exercises are designed to build on the momentum of the introductory Level 1 exercises, adding puzzles that will continue to develop and enhance basic right brain/left brain skills (though it is not necessary to complete Volume 1 in order to do Volume 2 -- each book stands on its own). The processing speed puzzles in Volume 2 will help readers concentrate on ""building core strength"" that will enhance mental agility. While the puzzles in Level 2 are still fairly easy and won't be daunting to most beginners, they provide a higher level of mental stretch than Level 1. The other volumes in this series include Level 3: Increasing Stamina (puzzles at an intermediate level of difficulty) and Level 4: Accelerating the Pace (puzzles that are at an advanced level to challenge and stimulate brain activity), both available in spring 2013.

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