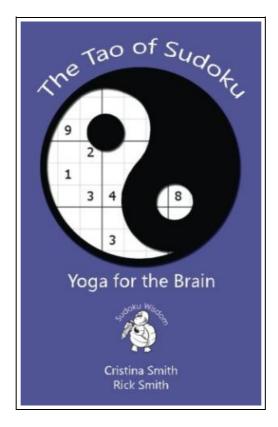
# The Tao of Sudoku: Yoga for the Brain (Paperback)



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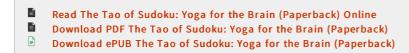
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### THE TAO OF SUDOKU: YOGA FOR THE BRAIN (PAPERBACK)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Award-Winning Fun! This great gift idea is filled goodies galore. Brain boosting puzzles. Interesting information. Inspiring quotes and profound philosophy. Enjoy soul satisfying, mind stretching, heart warming play! The Tao of Sudoku Invites You to Play! Both a profound philosophy and fun puzzle book, The Tao of Sudoku is yoga for the brain that stretches your mind, nourishes your soul and touches your heart. Want continued whole brain health? Enjoy a wonderful way to increase mental skills and boost creativity! Spiritually inclined? Dive in to a delightful personal growth opportunity! Math phobia? Fix it now! Love Sudoku already? Find entertainment and magic here! The Tao of Sudoku dishes up fascinating facts, enlightening insights and some surprising benefits of this popular puzzle, providing tasty food for thought. The 100 easy to intermediate puzzles come with an inspiring quote, making every page both a challenge to be solved and a meditation for self-realization. This book can help you: Stay sharp with a more flexible brain Exercise Dharana, a yoga of the mind that enhances concentration Reduce the risk of early onset dementia and Alzheimer s disease Have fun with a purpose! Complete the 100 puzzles inside. In the process, discover that you have also solved more of the puzzle that is YOU.



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