

PUMPING IONS

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Games and Exercises to Flex Your Mind

By Tom Wujec

Does your mind wander when you think through a problem at home or at work? Do you have trouble remembering vital names, dates, facts? Instead of making creative leaps, are you all too often confronted with mental blocks?

It may be that your mind is suffering from lack of exercise. Wujec shows you how to strengthen, flex, tone and coordinate your "mental muscles," conditioning the brain just as you do the body. Perfect for the student, business person or anyone who feels their mind has grown "flabby," this fully illustrated guide provides dozens of easy exercises designed to:

- increase attention span
- improve memory
- enhance creativity
- stretch imagination
- build up powers of deduction and analysis
- hone decision-making skills

It also explains many invaluable techniques for relaxation, visualization, verbalization and learning. Packed with intriguing puzzles, provocative ideas and suggestions, this book can help you develop your very own mental fitness program — and gain the ultimate competitive edge in business, school or recreation.

— from the publisher

Letters continued from p. 19

Twisted logic?

It sounds as though the researchers responsible for the study reviewed in "Pre-school self-control and pretzel logic" (SN: 5/27/89, p.325) used twisted pretzel logic when they offered children the choice of a couple of small cookies now or five pretzels 15 minutes from now. Individual preferences — for cookies versus pretzels — may be a significant variable influencing the responses of the 4-year-olds studied. Why not use cookies or pretzels exclusively rather than mixing apples and oranges?

Joy Tunick-Green
Foster care social worker/therapist
Rosemont, Pa.

The researchers also used that approach, as well as offering children a choice between a less-preferred and a more-preferred toy. The results were the same.

— B. Bower

Deceive and relieve

"Deceptive successes in young children" (SN: 6/3/89, p.343) brought back memories of my time in the eighth grade. The teacher would leave the room and remind everyone to study and not talk. Naturally, conversations broke out. Upon her return she'd ask, "Who talked?" In every case the boys admitted their guilt, but never would a single girl admit to talking. The boys were punished with some exercise or other and the girls got off free for their lies.

Michael V. Stratton
Brea, Calif.

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