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By Shane Madden

Apple Press, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Switch off from the distractions, stresses and busyness of modern life with the 30 absorbing designs in this collection. These puzzles will not only improve your cognitive skills but also provide a moment of calm and focus in our 24/7 world. Give yourself a mental workout with these extreme puzzles that will test your mental agility, focus and concentration. Increasingly people are discovering the power of traditional puzzles and activities to help them de-stress from everyday anxieties and worries, and find a moment of mindful focus in their hectic schedules. Dot-to-dot exercises are the perfect tool for exercising your mind and improving your concentration and focus. We are all guilty of trying to multi-task our way through the day, with only every half a mind on what we are doing. These extreme puzzles force you to set aside any distractions and focus your full attention on the challenge at hand. Set yourself a dedicated time to start deciphering the maze of numbers and be amazed at how sharp your mind is when fully engaged in an absorbing activity. The designs in Dot-to-Dot in Colour have been...



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