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Top 15 Brain Teasers and Games for Mental Exercise November 17, 2008 by Alvaro Fernandez Over the last 2 years we have posted close to 100 puzzles, teasers, riddles, and every kind of form of mental exercise (including lengthy interviews with top neuroscientists!). Which ones have

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proven most stimulating (of the puzzles and teasers, not the interviews)?

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7 Useful Tips for Improving Your Mental Focus

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