

EXERCISE

Your

EXECUTIVE

BRAIN



500

Games, Puzzles, and Activities to
GET IN MENTAL SHAPE ON THE JOB

Charles Timmerman, founder of Funster.com

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This book is printed on acid-free paper.

*To my family: Suzanne, Calla and Meryl
who help keep my brain in shape.*



PREFACE

Today more than ever success depends on how smart we are, how well we use our executive brain. The executive brain, or frontal lobe, is the area in the brain that is responsible for planning, abstract thinking, and reasoning. Achievement in the workplace depends on the executive brain to prioritize, set goals, and creatively solve problems. The puzzles in this book are designed to exercise the executive brain, making you sharper and more effective at work.

Everyone knows that physical exercise is good for the body. This book is for the growing number of people who want to keep their brain fit through mental exercise. Scientific research indicates that this is possible. One study published in the journal *Nature* discovered that subjects actually increased their brain mass by routinely doing a mentally challenging activity over a three-month period, almost like building a muscle. Numerous other studies show positive cognitive results: they suggest that people can improve their executive brain by doing things like the puzzles in this book.

A beefed-up executive brain is the competitive advantage that everyone needs. We live in the middle of an information blizzard that shows no sign of tapering off. With computers, the Internet, and communications technologies that link us together, our executive brain is pushed to the limit. We need to filter, understand, and use information and then create more information for others. Those who can handle these tasks most efficiently are going to excel in the workplace. It is no longer “who you know” that is important, but how well you can process information and what you can do with it.

The puzzles in this book are a fun way to practice using your executive brain to creatively solve problems, and that practice can “make perfect” in the real world. Because it is important to give your brain new challenges, a variety of



puzzle types are included. Just as you might do a circuit of exercises to stay in physical shape, you should cross-train with various kinds of puzzles for optimal mental fitness. Some of the puzzles in this book are familiar (like crosswords and sudoku); others might be new to you. All are designed for the average person, not Mensa-level “puzzle people.” You can get a good mental workout without pushing yourself to the point of frustration.

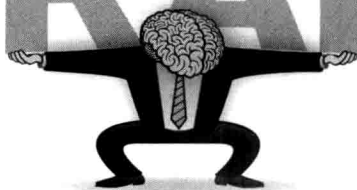
Each puzzle will exercise a different part of your executive brain. *Speedy Mazes* and *Word Search* will test your visual-spatial abilities. *Cryptograms* and *Sudoku* will work the logical side of your brain. Words are a fundamental part of life, and *Anagrams*, *Words in Names*, and *Dropouts* will see how well you can juggle letters to make words. *Inky Pinkys* and *Crosswords* will test your knowledge and ask you to use words creatively. Each puzzle provides a little world where you will be challenged, with the only goal to engage your brain and have fun.

These puzzles are designed to be fun, not just good for you. They might even be addicting, but fortunately it is an addiction that is healthy. The numerous “aha” moments you will experience will keep you coming back for more. Just as most people pick physical exercises that they enjoy, hopefully the puzzles in this book will be so much fun that mental exercise will become a daily habit.

For many people, working on puzzles is a way to relax. Puzzles can focus our mind on an amusing diversion far from the hectic real world. This is a great way to reduce stress, which can also enhance our executive brain. Studies show that besides reducing stress, physical exercise, proper diet, and adequate sleep are important ways to keep our body in shape so our brain can operate at peak efficiency.

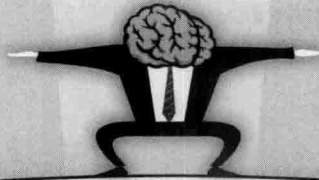
As baby boomers age and information explodes, keeping our executive brain fit is increasingly important to face the challenges of modern life. “Use it or lose it” is the refrain for those who want their neurons to fire like a finely tuned engine. This book will make you mentally sweat while you are having a blast. Your executive brain will be ready to excel!

EXERCISE *Your* **EXECUTIVE** BRAIN



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CHAPTER 1

ANAGRAMS

An anagram is a word or phrase formed by rearranging the letters in another word or phrase. For the puzzles in this chapter, rearrange the letters in the capitalized words to form new words that fit the clues.



EXAMPLE: Anagram LEGAL NOSES to make a West Coast city.

Los Angeles

1. Anagram LOFT A LOB to get a sport.

2. Anagram DREAM SPIN to get a superhero.

3. Anagram DAMP NEAR ROLL to get a golf legend.

4. Anagram TRAINED MAN to get a member of the Rat Pack.

5. Anagram THE FROG DEATH to get a Marlon Brando movie.

6. Anagram VIOLENT SORE to get a director of Vietnam War films.



7. Anagram FAKE BRAIN COMA to get a company that will take your deposits.

8. Anagram DISTANT ARNOLD to get the singer of "You're No Good."

9. Anagram WANTS YIELD to get a mouse entrepreneur.

10. Anagram ALL BABES to get a sport.

11. Anagram A COMPUTER ANT to get the author of *Breakfast at Tiffany's*.

12. Anagram ICONIC HOP to get a classic Disney character.

13. Anagram TAN NAMATH to get a part of New York City.



14. Anagram GENUINE CLASS to get a *Star Wars* actor.

15. Anagram THAT WRECKED PAL to get a company started in a California garage.

16. Anagram GETS HINT to get a 1973 con game movie.

17. Anagram GREAT CHARM THREAT to get a British Prime Minister.

18. Anagram IN NAVY PLANES to get one of the original thirteen colonies.

19. Anagram SHINY GREEN RISK to get a member of Richard Nixon's cabinet.

20. Anagram BAR BY CLERK to get a communicating fruit.



21. Anagram UNVEIL LADS to get the man who introduced the Beatles.

22. Anagram BATTER UP TUNE to get a sandwich ingredient.

23. Anagram ALE TEST to get a Puget Sound city.

24. Anagram LABOR TIME to get an East Coast seaport.

25. Anagram ACTIONS ANEW to get a man of gravity.

26. Anagram LEO THINKING to get a Disney movie and Broadway musical.

27. Anagram NAIVE COLD LOGIC to get the thirtieth president.



28. Anagram NARCOLEPTIC to get the “Layla” guitarist.

29. Anagram BABEL TALKS to get a sport.

30. Anagram STOIC FORM to get a technology company.

31. Anagram A FRAIL ICON to get a state.

32. Anagram TREATS WELL to get a place for bulls and bears.

33. Anagram ANGEL ON RADAR to get the fortieth president.

34. Anagram HAD CALM SONGS to get an investment bank where Robert Rubin and Henry Paulson worked.



35. Anagram LEGAL BITS to get a tech tycoon.

36. Anagram TAVERN TIMES to get a “Saturday Night Live” host.

37. Anagram NO WET CAP to get an African city.

38. Anagram A SHARED PLAN to get an astronaut.

39. Anagram SMART FATE to get an insurance company.

40. Anagram CREPT ON IN to get an Ivy League member.

41. Anagram TOPS OFF ICE to get a place for letters



42. Anagram THAT RUDE AGE to get a Dustin Hoffman film.

43. Anagram TEACH COOL to get some kind of candy.

44. Anagram THIN WAGONS to get the forty-second state.

45. Anagram NETWORK ARTICLE to get the anchorman who was “the most trusted man in America.”

46. Anagram NOBLE OX MIX to get a large oil company.

47. Anagram MADE ONLY IRON to get a *Star Trek* actor.

48. Anagram AWFUL RECOIL to get a vegetable.



49. Anagram ACT IN IT to get a 1997 movie.

50. Anagram PARADE ALL GONE to get the author of "The Raven."

51. Anagram MEAN WRITER to get an entertainment conglomerate.

52. Anagram LARGE NEWS to get a drugstore chain.

53. Anagram HIP CHAIN RECALL to get a comedian of classic films.

54. Anagram GORGE CLAUSE to get a successful director/producer.

55. Anagram COMEDIAN LINK to get a Tom Cruise ex.
