

Beat the Clock Kakuro

214 Easy to Hard Puzzles with Target Time Limits

By Jim Bumgardner

Kakuro took the brain-teasing fun of *sudoku* to the next level by adding maths and a crossword puzzle grid. Now, *Beat the Clock Kakuro* takes *kakuro* itself to the next level by challenging game players with a time goal for each puzzle.

Players can truly test their skills by seeing how their times rank them – from beginner to master. The added time challenge in *Beat the Clock Kakuro* will help players improve their concentration and solving abilities as they push themselves to achieve lower and lower times on their way to becoming masters.

256 pages; 216 x 138mm

Originally published in USA (Ulysses Press)

Masters Kakuro

172 Challenging Puzzles

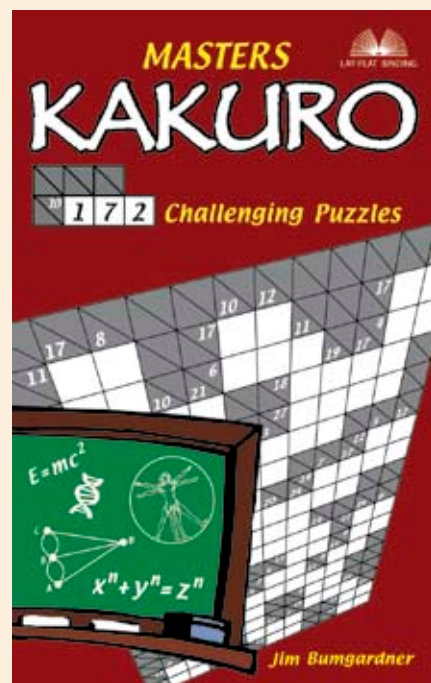
By Jim Bumgardner

High-level game players joining the *kakuro* craze will learn the logic, understand the maths, develop solving methods, and even devise some tricks of their own. And thanks to *Masters Kakuro*, they can continue to challenge themselves with increasingly difficult puzzles. Ranging from difficult to very difficult to insanely difficult, *Masters Kakuro's* 172 puzzles comprise the most challenging collection in any book.

The puzzles have large grids and extensive cross-sections that thwart simple trial-and-error players with endless combinations. Yet every puzzle in *Masters Kakuro* has only one correct solution that can be determined with superior logic and excellent gaming strategy.

240 pages; 216 x 138 mm

Originally published in USA (Ulysses Press)



Simple Kakuro

214 Beginner Puzzles

By Jim Bumgardner

Combine *sudoku* and a little maths with the endless shapes, sizes, and difficulty levels of a crossword puzzle and you have the exciting game of *kakuro*. Already huge in Japan and taking England by storm, *kakuro* is the latest game craze to reach America, and *Simple Kakuro* is designed specifically for these new players.

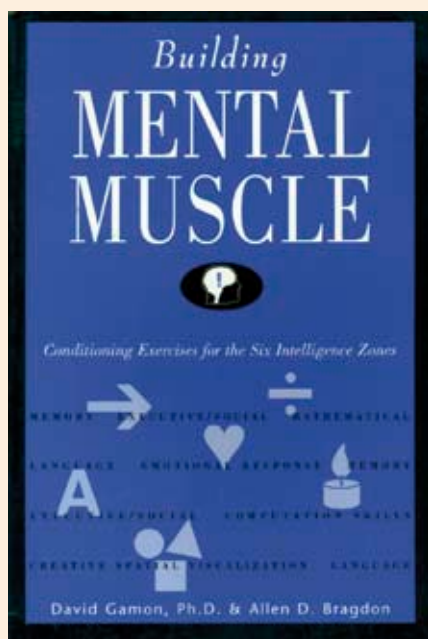
The book's 214 beginner puzzles are perfect for learning the game, honing one's skills, or just enjoying a few minutes of stimulating play any time, any place. The puzzles vary in size and difficulty, starting with super-easy puzzles and progressing to more challenging puzzles as the player's skill level increases.

Simple Kakuro explains the rules and shows step-by-step how to solve *kakuro* grids. But don't be fooled. Although *kakuro* is incredibly easy to understand and takes only minutes to learn, it offers endless challenges and hours of addictive fun.

168 pages; 216 x 138 mm

Originally published in USA (Ulysses Press)





Building Mental Muscle

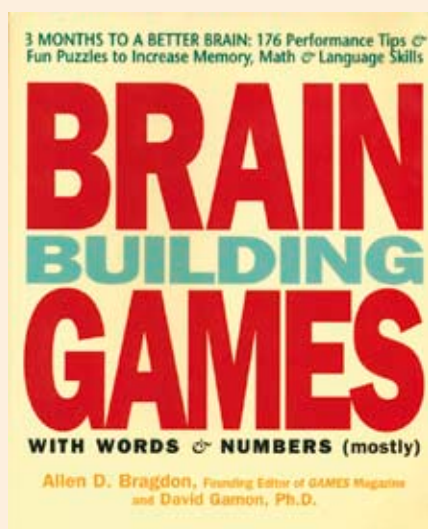
Conditioning Exercises for the Six Intelligence Zones

By David Gamon & Allen D. Bragdon

Find out how you can take advantage of the most recent scientific discoveries to develop skills in the 6 zones of real-world problem solving: Executive and Social, Memory, Language, Emotional Response, Computation Skills, and Creative Spatial Visualisation. Here are just some of the 58 readable reports you can put to good use right way:

- Ways to learn faster and trick your brain into storing information permanently
- How women's and men's brains process information differently
- How to take advantage of brief 'windows of opportunity' to teach infants skills before they have the ability to learn easily
- How to change your mood without drugs or therapy
- How you can raise or lower your body's level of hormones that nurture or destroy brain cells

320 pages; 210 x 140 mm; 2-colour illustrations
Originally published in USA (Brainwaves Books)



Brain Building Games

3 Months to a Better Brain

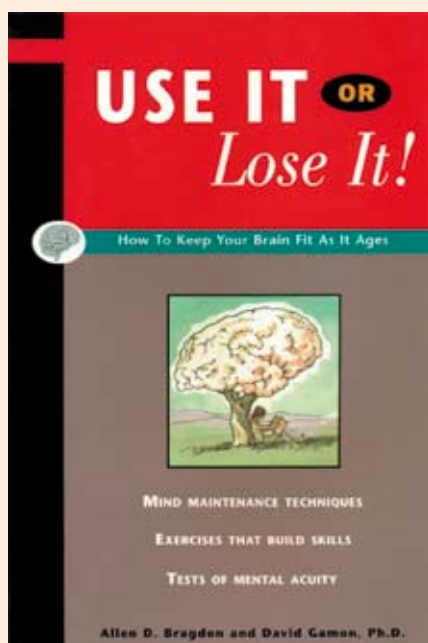
By Allen D. Bragdon & David Gamon

- 176 performance tips & fun puzzles to increase memory, maths & language skills
- Your personal mind-trainer with a 90-day mental exercise programme that is actually fun!
- Power-building puzzles target the specific skills that help you to get a better job and live a more interesting life, such as Executive Planning, Vocabulary, Memory, Computation, Visual Construction and Social and Emotional Skills

Brain cells begin to deteriorate naturally as soon as the young brain matures, at around the age of 21. The trick to high job performance and a self-sufficient old age is to slow down the loss of function by keeping the neurons you still have actively connected to each other. The exercises in this book can shape up your brain's circuits so that they will be there whenever you need them to perform.

'From what I have seen of their work, the writers and editors of the Center have been respectful of scientific accuracy while publishing current neuroscience on subjects of real concern to the public. More important, they have identified some factors that can retard the effects of dementia' – Suzanne Corkin, Professor of Behavioural Neuroscience, Department of Brain and Cognitive Sciences, MIT.

224 pages; 192 x 156 mm; b/w illustrations
Originally published in USA (Brainwaves Books)



Use It or Lose It!

How to Keep Your Brain Fit as It Ages

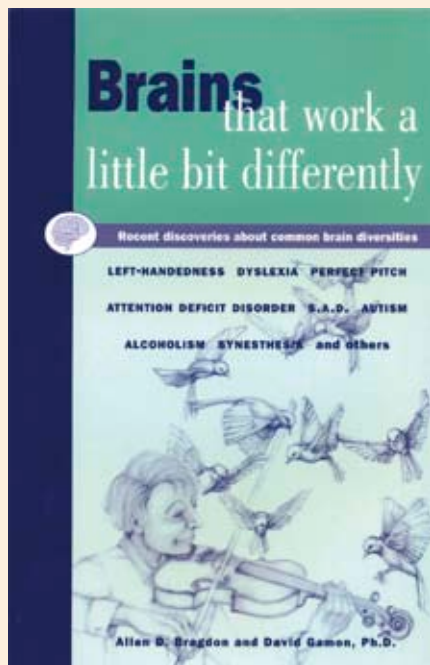
By Allen D. Bragdon & David Gamon

- Mind maintenance techniques, exercises that build skills, and tests of mental acuity
- Try simple tests devised by the American Medical Association to reveal the presence of serious dementia versus normal mental slowdown
- Interactive activities include fascinating brain-tasks developed by neuroscientists
- New research findings selected for practical, real-world applications and translated into non-technical tips and techniques

This book is for active people who appreciate and enjoy mental quickness in themselves and others. It explains simply and responsibly what neuroscientists are now discovering about how and why some seniors stay sharp, and can help younger people avoid ending their longer lifespans with Alzheimer's blank stare.

Allen D Bragdon is Director, the Brainwaves Center, the founding editor of *Games* magazine and author of many books on brain function, and David Gamon, Ph.D, is Co-director of the Brainwaves Center and holds advanced degrees on the cognitive sciences from U.C., Berkeley.

144 pages; 210 x 140 mm; b/w illustrations
Originally published in USA (Brainwaves Books)



Brains That Work a Little Bit Differently

Recent Discoveries about Common Brain Diversities

By Allen D. Bragdon & David Gamon

Human brains are as different as human faces. Yet the causes and consequences of most differences are subtle and complex, which makes them interesting. None of the diversities described in this book is typical of the standard blueprint that has evolved for the human brain, yet, all told, a huge portion of the human population lives quietly, often brilliantly, with one or more of these atypical conditions. Others among us sometimes wonder if we suffer – just a little – from one of them. Covers:

- Attention deficit disorder
- Hyperactivity
- Dyslexia
- Left-handedness
- Seasonal Affective Disorder
- Autism
- Alcoholism
- Photographic Memory
- Perfect Pitch Synesthesia
- Déjà vu

132 pages; 210 X 140mm; b/w illustrations
Originally published in USA (Brainwaves Books)

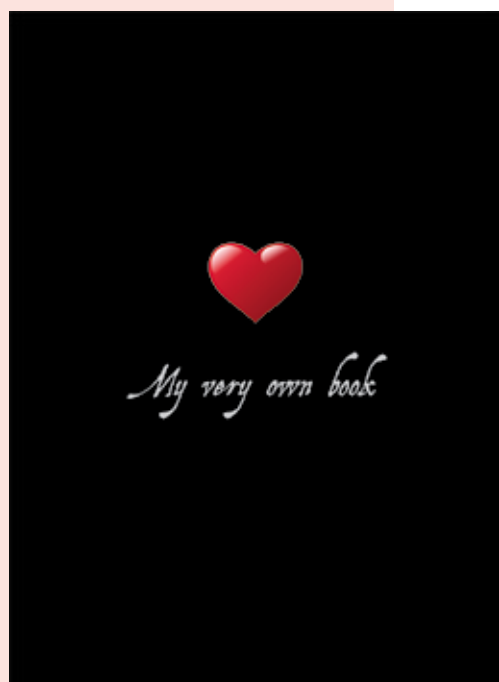


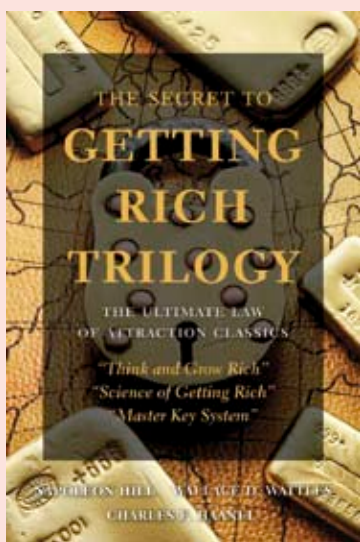
My Very Own Book

By Ziga Vavpotic

This unique book goes further than other books dealing with personal growth and success in life. Rather than giving direct strategies, recommendations or recipes for living and achieving a happy and successful life, the author encourages readers to make their own blueprint, their own recipe for living, to write their own book of life for themselves as active creators of their own blueprint for life. The book addresses readers' intellect and emotions, motivating them to act by providing words of wisdom and enchanting narratives, enhanced by exquisite design and gorgeous, inspirational photography by Ciril Jazbec.

240 pages; 325 x 235 mm;
colour photos and line drawings
Originally published in Slovenia
(Globaldreamvision)





The Secret to Getting Rich Trilogy

The Ultimate Law of Attraction Classics

By Napoleon Hill, Wallace D. Wattles & Charles F. Haanel

Thanks to the popularity of *The Secret*, millions have been introduced to the wisdom and philosophy of Napoleon Hill, Wallace D. Wattles and Charles F. Haanel. Now, *The Secret to Getting Rich Trilogy* has combined the 3 early 20th-century masterpieces of these revolutionary thinkers so readers can gain a deeper understanding of the trio's proven methods for achieving success. *The Secret to Getting Rich Trilogy* opens not with the most famous of the three books, *Think and Grow Rich*, but rather with the less-read *Master Key System*, the inspiration for the acclaimed title. The even earlier pioneering work of Wattles in the areas of 'New Thought' and creative visualisation is also included for a complete guide to understanding how the laws of concentration, attraction, and harmonious thinking and action can be combined for a powerful system geared toward success.

720 pages; 238 x 252 mm

Originally published in USA (Ulysses Press)

Spirit in Finance

Let Your Light Shine in the World of Money and Matter

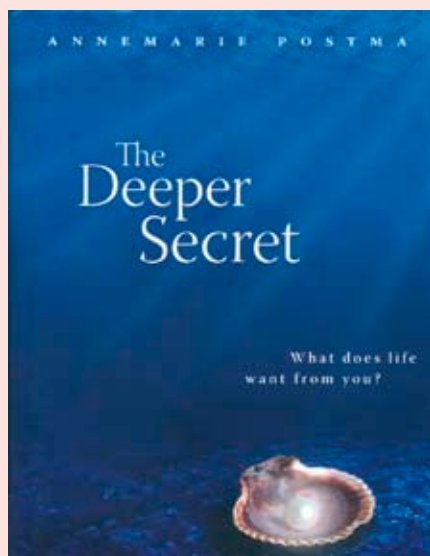
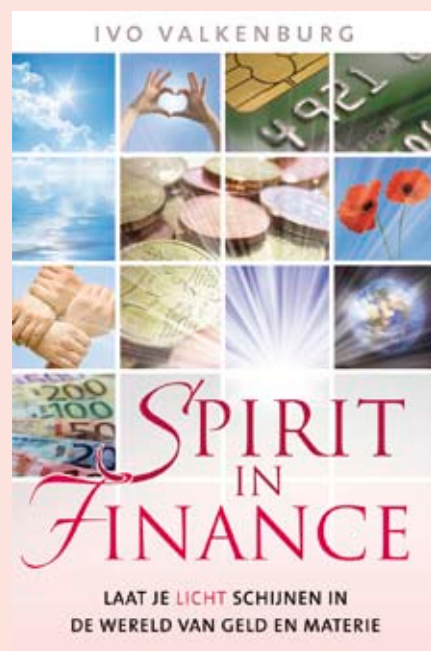
By Ivo Valkenburg

Some are attracted to money while for others it is the root of all evil. Many of us struggle with it, and for centuries we, as individuals and collectively as a society, have lurched from crisis to crisis. It is time to heal ourselves from old and rigid ways of thinking about money. The good news is that it is precisely our struggle with money that can set us free. The author – himself a long-term financial services professional – advocates that money problems are a blessing, that we should embrace and learn to love them, and to understand why they are there. His belief is that if there is one thing money and material things can contribute to, it is to the creation of Heaven on Earth.

180 pages; 135 x 210 mm

Originally published in the Netherlands (Ankh-Hermes)

English synopsis available



The Deeper Secret

What Does Life Want from You?

By Annemarie Postma

Don't ask yourself, what do I want from life? Ask yourself, what does life want from me? Many think there is a single secret that holds the key to our happiness, that according to the law of attraction, if we wish for something hard enough and truly believe we will receive it, it will be ours. Many think it's as simple as that, but there is a deeper secret. The true path to fulfilment lies not in what we attract, but in what we give. If we look within ourselves, see what we have to offer and learn how to offer it with love, then we can create for ourselves the life of our deepest dreams. As the author writes 'those who deepen their self-knowledge become richer, more loving and liberated on an inner level – and have more to give. And those who have more to give will be amazed at what the universe has to give them'.

160 pages; 195 x 175 mm

Originally published in the Netherlands (Ankh-Hermes)

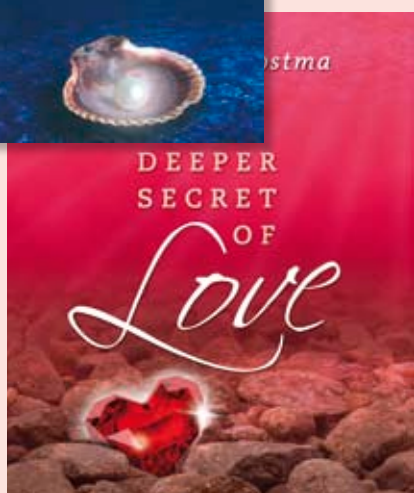
Rights sold: World English

Also available by Annemarie Postma

The Deeper Secret of Love

160 pages; 195 x 175 mm

Originally published in the Netherlands (Ankh-Hermes)





The Me Myth

What Do You Mean, It's Not All About Me?

By Andrew Griffiths

- A powerful self-help book with a personal touch – *The Me Myth* is about breaking away from our obsession with our own internal analysis and getting out and living in the moment
- The author's series of business-building books, *101 Ways*, has been sold in 50 countries and translated into many languages.

Successful businessman and bestselling author Andrew Griffiths has a simple but effective message to share: it's time to stop analysing our lives and time to start living. Andrew defines 'The Me Myth' as the limiting belief that the world revolves around 'me'. In short chapters he gives advice on how to shift the focus away from 'me' and start living a better life through simple actions like mastering empathy, giving generously, inspiring people and having fun. The message is simple, but profound. And, most importantly, Andrew makes the journey fun! *The Me Myth* is a result of Andrew's observations as well as his own personal journey. His life has been filled with extraordinary hardships and obstacles, from an unusual childhood to near-death experiences, which he has not only overcome, but thrived on. This is the next step in personal growth – it's time to move away from internal analysis and move the focus outwards.

200 pages; 234 x 153 mm

Originally published in Australia (Simon & Schuster)



Freerunning

By Urban Freeflow

From Paris to New York, from London to São Paulo, freerunning – the gravity-defying art of traversing the cityscape with a spectacular array of jumps, spins, vaults, grabs and climbing – has captured the public imagination. Effortlessly cool, it has also featured in countless television ads, blockbuster movies such as *Casino Royale* and acclaimed documentaries (Channel 4's hugely successful *Jump Britain* was seen by 3 million viewers in the UK, and sold to 65 countries). *Freerunning* is the first title that distils the energy, excitement and street credibility of the freerunner's art. Produced in collaboration with Urban Freeflow, the sport's leading exponents, this multi-layered book explores the subject inside out: its history, its influences (including breakdancing, martial arts and graffiti), freerunner profiles and, of course, essential moves. An extensive 'City Guide' section takes the reader to key freerunning hotspots – and provides the low-down on how to negotiate them – in 8 major

cities: London, Barcelona, Paris, Berlin, NYC, Tokyo, São Paulo and Sydney. Visually thrilling, *Freerunning* showcases heart-stopping photography, and illustrations that take their cue from the street style pioneered by artists such as Banksy and Blek le Rat. The book will appeal not only to freerunning's rapidly growing fanbase (Urban Freeflow's videos alone have racked up 3.5 million YouTube hits) but also to aficionados of cool, imagemakers and enthusiasts of urban culture everywhere.

176 pages; 220 x 210 mm;

200 colour photos

Originally created in the UK (Harris + Wilson)

