

The Scid-d Interview: Dissociation Assessment in Therapy, Forensics, and Research

To get you started, here are the best puzzle books for adults on the market.

Adult puzzle books are beneficial for brain health — they also provide a form of screen-free entertainment, which is something that people of all ages are lacking.

Activity experts have found benefits to "mind games," which are puzzles and games that focus on memory, problem-solving, and speed. Solving these problems may help you maintain a more youthful mind and sharpen your brain.

Keeping a sharp, quick mind is crucial as you age — not only for your well-being but for the sake of your family and friends. Unfortunately, things like forgetfulness, irritability, or an inability to multitask may occur naturally as individuals age. Thankfully, there are steps you can take to combat mental decline as you get older.

The 125 Best Brain Teasers of All Time at Amazon

What to Look For

Best Overall The Master Theorem: Book of Puzzles Courtesy: Amazon View On Amazon View On Uncommon Goods Pros Aesthetically pleasing

Unique

Hints available Cons "Escape room" style may not be for everyone Thanks to its beautifully illustrated pages and unique puzzles, this book, filled with over 40 puzzles, has quickly developed a cult following. The puzzles channel a challenging "escape room" vibe that requires individuals to decrypt messages, solve brain-teasers, and use critical thinking skills to complete challenges. The difficulty ranges from medium to hard, and the book is designed to keep the puzzle-solver busy for weeks. However, there are helpful hints on the back of the book to help with obstacles. Price at time of publication: \$30 Difficulty level: Medium to hard | Number of puzzles: 40+ | Style: Logic | Size: 7.5 x 10 inches

Best Beginner The 125 Best Brain Teasers of All Time: A Mind-Blowing Challenge of Math, Logic, and Wordplay Courtesy: Amazon View On Amazon View On Barnesandnoble.com Pros Variety of styles

Progresses in difficulty Cons Some may prefer a speciality book If you're looking for a puzzle book and don't know where to start, this book of the 125 best brain teasers is a great option. Each puzzle describes the history of the style, some new fun facts, and challenges — giving your brain a multi-dimensional puzzle experience. The difficulty of the puzzles gets harder as the book progresses, meaning you'll have the opportunity to advance your skills as you go. With over 200 pages of word problems, logic puzzles, and more, this book is a great starting option for all ages. Price at time of publication: \$13 Difficulty level: 5 challenge levels | Number of puzzles: 125 | Style:

P

Variety | Size: 5.3 x 7.9 inches

Best Crossword The New York Times Monday Crossword Puzzle Omnibus Courtesy: Amazon View On Amazon View On Barnesandnoble.com Pros Great for kids and beginners

Quality source Cons Only one difficulty level The New York Times is known for its Sunday crosswords, but this puzzle book proves that Mondays can be just as fun. Filled with 200 Monday Times crosswords, this book includes fun challenges that aren't too difficult. Edited by Will Shortz, the crossword editor of The New York Times, this puzzle book is appropriate for wordsmiths of all ages. Plus, if you finish this book, there are additional New York Times crossword books that follow. Price at time of publication: \$20 Difficulty level: Easy | Number of puzzles: 200 | Style: Crossword | Size: 8.47 x 10.92 inches The 6 Best Paint By Numbers Kits of 2022

Best Logic Tricky Logic Puzzles for Adults: 130+ Difficult Puzzles to Challenge Your Brain Courtesy: Amazon View On Amazon View On Barnesandnoble.com Pros Variety of styles

Designed to be challenging for advanced players Cons Not beginner-friendly This puzzle is intended for adults looking to expand their critical thinking prowess. Filled with 130 puzzles curated specifically to challenge your mental muscles, the book is designed to push your critical thinking skills to the max. There are a variety of puzzle styles featuredâ€”Sudoku, Masyu, logic, grids, nonograms, and moreâ€”all of which are simple to understand but difficult to complete. Thanks to the diversity of styles, it keeps you on your toes so boredom won't become an issue. Price at time of publication: \$13 Difficulty level: Hard | Number of puzzles: 130 | Style: Variety | Size: 6 x 8.9 inches

Best Math 120+ Variety Puzzle Book for Adults Courtesy: Barnes and Noble View On Amazon View On Barnesandnoble.com Pros Large print

Variety of puzzles Cons No hard-level puzzles Created with the intent of sharpening adults' minds, this variety puzzle book boosts memory, creative thinking, reasoning, and problem-solving. It includes 125 large-print puzzles, all containing a mathematical element such as number blocks or BODMAS equations. These simple math refreshers are great for adults and seniors who want a classroom-like mental workout on their own terms, with puzzles beginning at an easy level and progressing to medium difficulty. Featuring large-print throughout, this book is easy for all ages to see. Price at time of publication: \$10 Difficulty level: Easy to medium | Number of puzzles: 125 | Style: Math | Size: 8 x

10 inches The 10 Best Puzzles of 2022

Best Word Search Funster 500+ Word Search Puzzles for Adults Courtesy: Amazon View On Amazon Pros Wide margins

Free online bonus puzzles Cons No set difficulty level This award-winning word search book has over 500 puzzles to help you stay entertained for hours. Each puzzle varies in difficulty level and has a theme assigned to it, making it even more fun and memorable as you work your way through the book. Aside from a creative angle, each puzzle includes at least 45 words to keep you entertained for hours. Thanks to the wide margins, you can easily tear out a page (each page contains two puzzles) and stow it in a purse or backpack for emergency entertainment. Additionally, the book provides access to free online bonus puzzles. Price at time of publication: \$13 Difficulty level: Varies | Number of puzzles: 500+ | Style: Word search | Size: 8.5 x 11 inches

Best Sudoku Oh My Sudoku! Over 1000 Easy to Hard Sudoku Puzzles: Sudoku Puzzles for Adults Courtesy: Amazon View On Amazon View On Powells.com Pros Wide margins

Variety of difficulty levels Cons Two puzzles per page; font may be too small for some For adults who are looking to advance their critical thinking skills with a classic Sudoku puzzle, this book is a great choice. It has over 1,000 puzzles that range from easy to hard, allowing individuals to advance their skills throughout the book. Designed with wide margins, the book lets you easily tear out a page and take it with you for hassle-free on-the-go entertainment. A free downloadable Sudoku mastery guide is also available with the purchase of the book. Price at time of publication: \$12 Difficulty level: Easy to hard | Number of puzzles: 1,056 | Style: Sudoku | Size: 8.5 x 11 inches

Best Variety Book 399 Games, Puzzles & Trivia Challenges Specially Designed to Keep Your Brain Young Courtesy: Amazon View On Amazon View On Barnesandnoble.com Pros Touches on six cognitive functions

Variety of puzzles Cons Thinner margins This puzzle variety bookâ€containing 399 puzzles that range from trivia to word gamesâ€will take your mental workout to the next level. The versatile puzzles vary in difficulty and are designed and curated with six cognitive functions in mind: long-term memory, working memory, executive functioning, attention to detail, multitasking, and processing speed. This format ensures that adults moving through the book can work multiple brain functions, simply by completing the puzzles. Great for anyone over six years of age, the 420-page book enhances cognitive functions for a healthy mind. Price at time of publication: \$17 Difficulty level: Varies |

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Number of puzzles: 399 | Style: Variety | Size: 7.25 x 9.19 inches The 15 Best Tech Detox Products of 2022

Best for Cryptograms On This Day: 365 Fascinating Facts About Each Day of the Year Hidden in Cryptograms Courtesy of Barnes and Noble View On Amazon View On Barnesandnoble.com Pros Includes solution page

Hints available Cons No easy-level puzzles Cryptograms are puzzles that consist of a short piece of encrypted text requiring a cipher to solve the message. This book provides 365 days of cryptograms, and each one contains an interesting fact, which allows you to solve puzzles and learn new information at the same time. Typed in an easy-to-read, 16-point print, the book's fun facts range from strange laws to origin stories. If you get stuck, each cryptogram contains five hints to help you solve the problem, making it a good choice for puzzle-lovers of all levels. Price at time of publication: \$13 Difficulty level: Medium to hard | Number of puzzles: 365 | Style: Cryptograms | Size: 8 x 10 inches

Best Mystery Murder Most Puzzling: 20 Mysterious Cases to Solve Courtesy: Amazon View On Amazon View On Uncommon Goods Pros Engaging plot lines

Variety of difficulty levels

Will make you laugh Cons Fewer puzzles than other books

Not suitable for children Packed with 20 murder mystery puzzles, this book is for adults who love nothing more than to embark on a mysterious quest. Each puzzle contains a witty plot line, along with characters and descriptions to make the quest feel real. The reader is cast as a faithful sidekick to an amateur murder investigator, and from there, works through a variety of dark, humorous puzzles. A great choice for adults, this one might be too mature for children. Price at time of publication: \$17 Difficulty level: Easy to hard | Number of puzzles: 20 | Style: Mystery | Size: 8.5 x 11 inches

Reference

[Designing and Conducting Research in Health and Human Performance](#)

[Understanding Medical Research: The Studies That Shaped Medicine](#)