



## The Word Search Sage: Yoga for the Brain (Paperback)

By Cristina Smith

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A great gift idea! Fun puzzles. Brain boosting playfulness. Secret messages to decode. Profound philosophy. Mystical, magical mindfulness meditations. Goodies galore for the reader to enjoy. The Word Search Sage Invites You to Play! Featuring Ingrid Coffin's soul satisfying Meta-Thought(R) messages, these 60 easy to advanced puzzles make every page both a challenge to be solved and a meditation for self-realization. It gets even better. Once all words are found, a hidden message is revealed; a powerful truth to affirm the reading. Plus, find fascinating facts and enlightening insights inside, providing tasty food for thought. Who would have thought that practicing mental yoga, boosting creativity and empowering personal mastery could be so much fun? This book can help you: Stay sharp with a more flexible brain Master the magical and mystical elements of life Reduce the risk of early onset dementia and Alzheimer's disease Have fun with a purpose! Complete the 60 puzzles inside! In the process, discover that you have also solved more of the puzzle that is YOU!



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