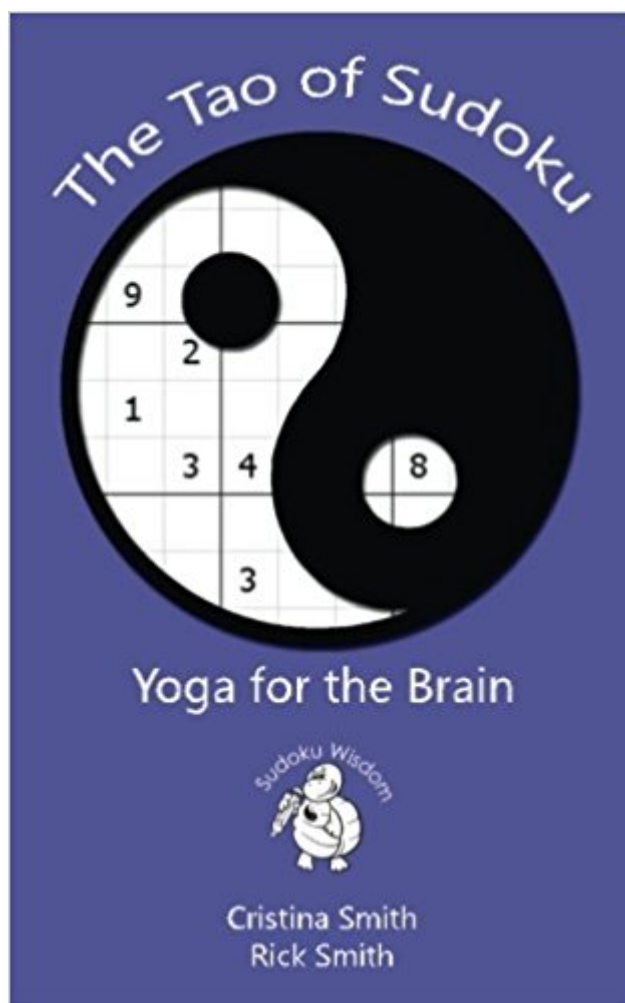


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# The Tao Of Sudoku: Yoga For The Brain (Sudoku Wisdom)



## Synopsis

The Award-Winning Tao of Sudoku Invites You to Play! Both a profound philosophy and fun puzzle book, The Tao of Sudoku is yoga for the brain that stretches your mind, nourishes your soul and touches your heart. Want continued whole brain health? Enjoy a wonderful way to increase mental skills and boost creativity! Spiritually inclined? Dive in to a delightful personal growth opportunity! Math phobia? Fix it now! Love Sudoku already? Find entertainment and magic here! The Tao of Sudoku- Yoga for the Brain dishes up fascinating facts, enlightening insights and some surprising benefits of this popular puzzle, providing tasty food for thought. The 100 easy to intermediate puzzles come with an inspiring quote, making every page both a challenge to be solved and a meditation for self-realization. This book can help you: Stay sharp with a more flexible brain Exercise Dharana, a yoga of the mind that enhances concentration Reduce the risk of early onset dementia and Alzheimer's disease Have fun with a purpose! Complete the 100 puzzles inside! In the process, discover that you have also solved more of the puzzle that is your inner self. Winner of International Excellence Body, Mind, Spirit Book Award – Winner of 2016-2017 Readers View Literary Award Medalist Winner of the 2016 New Apple Annual Book Awards –

## Book Information

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## Customer Reviews

While I've never actually heard the term 'yoga for the brain' before, it makes total sense. This book easily fulfills the mental and spiritual aspects of a Yoga practice...So much more than a puzzle book, the fun facts, history, and education lining the pages make The Tao of

Sudoku-Yoga for the Brain a unique treasure and I highly recommend it for an entertaining and enlightening experience! -Sheri Hoyte for Reader Views

The quotes on each page of The Tao of Sudoku-Yoga for the Brain are a personal coaching system designed to help readers beat discouragement, and think more deeply about their lives, ultimately helping them fine-tune their approach to finding their "path to enlightenment".

As the authors quote Lao-Tzu with the first puzzle,"The journey of a thousand miles begins with a single step," and, in that spirit, this is a book worth starting and finishing.

-IndieReader

Self-esteem in a Sudoku book!

Like the author, Cristina Smith, I have always thought myself to be "not a math person". In airport bookshops, books of Sudoku number puzzles both taunted and repelled me in equal measure- not any more. With encouraging or enlightening sayings on each page, I was gently guided to let go of my old math phobic view of myself as puzzles began to unfold in a fun and challenging way. This book is fun and enlightening all at once, a real winner!

- Lauren McCall, international bestselling author of The Eternal Gift

I love Sudoku, especially the hard puzzles that challenge me. And I loved The Tao of Sudoku...Not because the puzzles themselves were particularly challenging but because this book challenged me in other ways. It challenged me to consider Sudoku not just as a fun hobby, but to use Sudoku as a meditative tool, too...if you are looking for something that stretches your mind, nourishes your soul, and is entertaining and fun, this is the book for you. I recommend it unreservedly.

- Ann Neville for Readers' Favorite

Cristina and Rick Smith wrote a very witty and uplifting little book on how to use Sudoku as a spiritual practice. Very well done and entertaining. I really enjoyed it. Congratulations!

-Dr. Gaetan Chevalier, Director, The Earthing Institute

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It's amazing how sometimes the most unexpected things can trigger the deepest insights. The Tao of Sudoku- Yoga for the Brain is both a profound philosophy and fun puzzle book, is the result of my journey from Sudoku avoider to Sudoku master. A heart centered author, speaker, and founder of the Subtle Energy Center, I believe, as Ram Dass says, "Everything in your life is there as a vehicle for your transformation. Use it!". I never suspected Sudoku would be one of those vehicles. Or that it would be fun. Or that my brother and I would collaborate on a puzzle book. Or that our book would win literary awards. Even better, people around the world are writing with stories of how The Tao of Sudoku- Yoga for the Brain has positively impacted their lives. From the math phobic to those seeking personal mastery, to yoga lovers to master Sudoku puzzlers, The Tao of Sudoku invites you to Play!

Interesting book

A very enjoyable Sudoku book.

How you do anything is how you do everything. This saying is true for the game of Sudoku too. So you can approach the Sudoku Puzzles via spirituality and listen to the little voice within. Anything in life, from making the bed daily, to going to a meditation retreat, to offering prayers for loved ones, even to Sudoku, can be approached as a spiritual experience. The first step is to surrender to the fact that we might not know. And most of all we need to remember to breathe. The game of Sudoku dates back to 2800 BCE and a turtle with a 3x3 unique square on its shell and looked similar to the Sudoku current diagram. This turtle has spiritual importance as it related to heaven, earth, and water. This turtle shell eventually became the philosophical basis of the I Ching and Feng Shui. Lao-Tzu says there are three treasures in life and those are simplicity, patience, and compassion. Cristina Smith included 100 Sudoku puzzles and saying, many from philosophical scholars such as Joseph Campbell. The answers are included at the end of the book. The Sudoku 3x3 square became known as a magic square as priests, sage, and healers in Tibet, Japan, and Egypt where the magic squares were models of the Universe. In Sudoku, the magic number is 45 and is reduced to 9. It has been found that the Sudoku puzzles affect brain health for even up to two years. Persistence and patience are needed. I did not know what to expect when Smith asked me to read her book and write a review. I had never tried to work a Sudoku puzzle ever. It does take patience and a huge pink eraser. But there is nothing wrong with erasing when you realize you

made a Mis-Take in the game or in life. I found the book mixing the Puzzles with facts about Sudoku a very interesting read. Perhaps you did not realize the history of the game any more than I did. It can teach relaxation if you allow it. Trusting your intuition can become a part of the Puzzle solving. Smith included simple Puzzles and difficult Puzzles. So if you enjoy the game, this book is for you. If you are interested in the history of the Puzzle, this book is for you.

My wife has been doing Sudoku puzzles for many years; I have been playing chess. When I saw the title of Cristina Smith's book, *The Tao of Sudoku, Yoga for the Brain*, I thought that I would give Sudoku a try and perhaps improve my chess game in the process of learning how to play Sudoku. Now that I have read the book and solved several introductory puzzles, I am delighted to have a new challenge that does give me great satisfaction and stretches my brain. The first part of the title of Christina's book is *The Tao of Sudoku*. Some readers of this review may not have read Lao Tzu's book, which may be translated as *The book of the way of virtue*. Many of the puzzles in the book have a quotation from *The Tao Te Ching* under them. Christina reminds us that Simplicity, Patience, and Compassion are virtues that can be learned from reading Lao Tzu's book and certainly patience is a virtue that we will practice as we attempt to solve a new Sudoku puzzle. As I worked on a puzzle and made a mistake, instead of getting upset, I took the eraser and removed the error, relaxed, and took another look at the puzzle to see what I had missed. Those errors I made in trying to solve the puzzle led me to the second part of the title, *Yoga for the Brain*. I practice Qigong, which has some similarities to Yoga in that the breath is a focal point for both practices. When we get stuck on a Sudoku puzzle we need to remind ourselves to breathe in and let go of the tension and frustration, and then, as in Yoga, relax and let our brain recognize new patterns that may help us solve the puzzle. I'm sure it is obvious to any reader of this review that Cristina's book is about more than solving puzzles. At its foundation, *The Tao of Sudoku* is about solving the puzzle of life and moving forward on the path to enlightenment. All the quotations that Cristina includes in her book and her own commentary are intended to guide us on the way, *The Tao*, which may help us to discover greater meaning and purpose in our lives. *The Tao of Sudoku* from beginning to end is a delight which ends in wisdom. The puzzles themselves and the accompanying text challenge us to open up and experience the world with a new perspective. Fortunately for me, I have many puzzles left in the book to practice patience and understanding.

Challenging and fun, but most of all rewarding. There's nothing like the "ah ha!" feeling of finishing a

puzzle. Sudoku is a fascinating process of logical discipline that combines attention to detail with the need to also let go and look at the big picture. Very satisfying, and I swear I can feel my brain realigning for increased mental productivity. As a relative newcomer to sudoku, what I like in particular about this book are the easy to use tips at the beginning and the thoughtful quotes with each individual puzzle. They provide insights into the puzzles themselves, as well as insights to how you participate in the process - and in life! If, like me, you are one of those people who like to hear and see how to do something, the two short videos on the author's home page ([...]) are easy to follow and really make it fun. If you're looking for a mental break that is playful, interesting and rejuvenating, "The Tao of Sudoku" will fit the bill!

This is a really cool and unique Sudoku puzzle book! I love doing puzzles anyhow, it is actually one of my favorite relaxing hobbies, and this combination of spiritual inspirations with the puzzles is right up my alley! I love the positive, mindful messages it contains alongside the brain-training logic puzzles! I feel like it gives both the right and left sides of the brain a good workout, which is hard to find in one book! Definitely worth the buy if you are into puzzles and also looking for something to cultivate inner peace and tranquility! I hope they put out more puzzle books in this series!

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