



Anne Lene Johnsen

## *Let's Play the Good Old Games*

The big book of games: 39 Popular and Instructive Board, Card and Dice Games for Any Occasion. Remember; humans are pack animals that like to play, and games bring people together. Games are great for spending time together with family and friends. Games train our brains and are good for our mental health. In this book you will learn how and why. Games are satisfying, relaxing and fun. Get tips on making the most of your games. Games trigger healthy competitive instinct. This book will give you strategies to win from Norwegian and international masters. Just admit it: deep down we all think it's fun to win!

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This is the guide you need when your group disagrees on the rules and needs tips on how to win and outshine the competition. Here you will find suggestions for rules, tips on game variants, useful facts, fun research into how games are good for us and, not least, tricks to help you play even better.

## Anne Lene Johnsen

AnneLene Johnsen is a maths whiz who used to solve maths problems in her spare time just for fun. Today the former Mensa president is a known columnist within the field of mental health and education, has written several brain training books, and has spent most of her career teaching and writing about how we can ensure that our minds work as efficiently as possible – something which has also involved testing her skills as a high school maths teacher.



AnneLene has a master's degree in business and management, a BA in psychology, and has studied cognitive neuroscience and social psychology at postgraduate and PhD-level. She is the owner of the BrainFactory, where she arranges courses for parents and teachers on how to learn and make the most out of our brains. Her most recent book, *Hvordan fatte matte* (written together with Elin Natas), is currently high in the Norwegian best seller lists and has been sold to many foreign markets.

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