



The Word Search Sage- Yoga for the Brain

Cristina Smith , Rick Smith (Puzzle Master) , Ingrid Coffin , Steven Forrest (Foreword)

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Want a fun way to maintain, train and entertain your brain? Enjoy goodies galore to enhance your life in this book. Fun puzzles and fascinating facts. Brain boosting playfulness. Secret messages to decode. Profound philosophy. Inspiring quotes. The Word Search Sage invites you to play!

Featuring Ingrid Coffin's soul satisfying Meta-Thoughts® 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 increasing mental skills, 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.

The Word Search Sage- Yoga for the Brain Details

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From Reader Review The Word Search Sage- Yoga for the Brain for online ebook

Trudy says

Relaxing, peaceful and soothing. The perfect companion to a bottle of wine and a fire on a cold quiet evening away from the kids. "The Word Search Sage: Yoga for the Brain" was a wonderful piece of meditative puzzle solving that incorporated deep thoughts with introspective questions meant to lead the reader to a better understanding of self. Secret messages throughout, only discoverable by completing the word searches were a wonderful touch to an already wonderful experience. I loved this book and hope they continue with the series. My only complaint was it was too short. I can see a box set of 10-15 of these books being a worthwhile purchase. ABSOLUTELY LOVED!

I was given a copy of this book by the author(s) in exchange for my unbiased review.

Felix Norse says

Cristina Smith, Rick Smith and Ingrid Coffin have created an amazingly relaxing and soothing word search collection that incorporates mystical wisdom and guidance throughout. Not only does "The Word Search Sage: Yoga for the Brain" present the reader with sixty meditative word search puzzles, but each is accompanied with a deep thought and a secret message that can be uncovered by completing the word search! The concept was unique and fresh. I found it hard to keep from smiling as I worked through the book, often having to force myself to put it down to draw out the experience rather than just run through them all one after another. Very enjoyable, relaxing and soothing. A must have. You won't be disappointed. I received a copy of the book from the author in exchange for my honest review.

Nichole Werley says

"The Word Search Sage: Yoga for the Brain" is just that... yoga for the brain. It's not a marathon for the brain or high intensity crossfit for the brain... it's yoga for the brain. This is a suitable title. The word search puzzles were relatively easy, in the beginning no more difficult than what you might find on a child's placemat at a restaurant. They did increase in difficulty by the end of the book, but not to a level that made them challenging at all. YOGA for the brain. They are word search puzzles after all so unless they contain thousands or tens of thousands of characters, they are only going to be as hard as it is to scan and read. The difficulty level is not the point of this book. It is meant to be a brain stimulator, keeping your mental awareness focused and ready. Yoga for the brain. That in itself was enjoyable and made the book worth the effort. That's not all though, the book is broken down into sixty puzzles that follow small reflective thoughts that are meant to evoke deep thought and self contemplation. Between the two is a secret message that can only be revealed by solving the word search and putting the message together using the remaining letters. I absolutely loved this aspect of the book, taking a simple brain exercise to a completely new place. Kudos to the team of authors and puzzle makers. A truly amazing book, perfect for a long plane ride or morning coffee. Highly recommended.

Jesse Toen says

This is the second book I've had the pleasure of working through from Cristina Smith and her team of gurus. In "Word Search Sage: Yoga for the Brain", the user is presented with sixty word search puzzles of increasing difficulty. Each puzzle is preceded with a short passage containing a meditative thought and a "Meta-Thought" created by a series of blank lines. The following page contains a word search puzzle containing words that relate to the exercise. When the puzzle is complete, you go through and enter the letters left behind, not included in any of the discovered words, into the "Meta-Thought" to reveal the secret message that goes along with the lesson. The book was challenging, fun and enjoyable from start to finish. I loved the book. Marketed as "yoga for the brain" along with the passages that promote a better understanding of self, only added to the whole experience. I thoroughly enjoyed the entire experience. I can't wait for their next book!

Jossie Marie Solheim says

I received this book after winning a competition and I was really excited, because who doesn't love a word search. But this is so much more than just word searches. Each solved puzzle reveals a meta-thought and once the book is complete you can flick to a random page at any time, and use it a bit like you would a single tarot card, to get a little bit of guidance, based around whatever it is that is bothering you. Beware, time really flies when you get absorbed into these puzzles! But they are a really relaxing way to while away a bit of spare time. Brilliant idea!

Anna says

I won this book as a Goodreads giveaway. This was a pleasant diversion. The deep thoughts at the end of each puzzle were quaint. I didn't spend time reading the paragraphs preceding the puzzles to gather more insight but for those interested in reflections on the self and mindfulness, the interludes would hold value. I'm glad I spent time with this puzzle book.

Darity Wesley says

Wow, this was wonderful. I love this Yoga for the Brain series of books! Each one, including the one I collaborated on, is off the charts for fun as well as inspirational and educational! Kudos to Cristina, Rick and Ingrid. I am having way too much fun with this!

Becca Chopra says

The solutions to the word puzzles in The Word Search Sage, also known as Yoga for the Brain, are called Meta-Thoughts, providing insights and deep wisdom.

I like to open the pages at random, and undoubtedly, Cristina Smith's introductory comments on the topic of the puzzle and mystic Ingrid Coffin's Meta-Thoughts are always relevant to my life at that moment in time. In fact, each word in each of the clever puzzles put together by Rick Smith relate to the Meta-Thought and help you discover your own truth, your own purpose in life.

These puzzles sound magical and mystical and they are. I'm amazed at how they are both relaxing and good exercise for the mind, while providing inspiration and profound introspection for the soul.

Strewn throughout the book are also beautiful photos with words of wisdom from Ingrid Coffin, e.g., "You are the finest puzzle in your life.... Enjoy putting yourself together."

Enjoy this book whenever you need a little time to yourself, a break from work, to keep entertained while waiting for someone or something, or as a daily ritual to give you food for thought and inspiration.

Conny says

I was a First Read Winner of this book and it sure was a lot of fun to do. My Dad used to do crossword puzzles as far back as I could remember, and even though I tried I never succeeded at them very well, but I do love a good word search and got to work right away. The puzzles are fun and a great exercise for the brain. Wonderful gift idea.

Reader Views says

Reviewed by Kimberly Luyckx for Reader Views (1/18)

With "The Word Search Sage: Yoga for the Brain," lifelong puzzle solvers, Cristina and Rick Smith bring us the third installment in their Sudoku Wisdom Series. This time, they have created a brilliant compilation of traditional word searches that reveal contemplative messages developed by spiritualist Ingrid Coffin.

Each word search puzzle is preceded by a short passage that presents a specific self-help topic such as: ways to simplify your life, incentives for becoming your dream and the art of acceptance. Once the puzzle is completed, the remaining letters form a secret message or Meta-Thought. These Meta-Thoughts connect back to the passage and can be described as the deep "a-ha" realizations that surface in times of stillness.

Interspersed between the sections of searches are expanded readings that complement the authors' individual themes. These not only break up the games, but also cement the book's central purpose, to evoke wisdom. By integrating philosophy with logic, the authors are truly boosting the brain in a most ingenious way.

The publication contains 60 word search puzzles that range from easy to mildly difficult. The levels progress smoothly and provide plenty of challenge. In the book's introduction, the authors offer different strategies for approaching the searches and stretching the mind. They also ask readers to pay particular attention to the words they are drawn to when solving these puzzles.

"The Word Search Sage: Yoga for the Brain" is more than a puzzle book - it is a guide to life. Each search begins with a passage filled with words for reflection that the reader hunts for in the puzzle. With the

remaining letters, a magical message appears that is certainly well worth savoring. As explained by the authors, Cristina and Rick Smith, “some keys to the mysteries of inner wisdom may be unlocked while playing with the magic of word search.” This strategy is a wonderful way of digesting the self-help concepts that are central to this publication. I look forward to obtaining the authors’ other volumes that include, “The Tao of Sudoku: Yoga for the Brain” and “The Word Search Oracle: Yoga for the Brain.”

Cristina Smith says

Like many great mystics, Ingrid Coffin has devoted her life to spiritual development. She shares her wisdom globally with subscribers to her weekly Meta-Thoughts®. Ingrid encourages everyone to discover their own truth through their unique connection to the Divine within them. This is something we can't get to just by reading. We need to discover and experience our unique truth for ourselves. Some keys to the mysteries of inner wisdom may be unlocked while playing with the magic of word search. We decided to play together in this book, making her soul satisfying Meta-Thoughts into puzzles with hidden, secret messages to decode.

The brilliant astrologer/author Steven Forrest contributed a fantastic Foreword. My brother Rick created these fabulously fun puzzles. My longtime friend Melissa served as editor, making us all sound good! The synergy of deep friendship made this book an extraordinary experience to write and share. I imagine you can feel the love and joy emanating!

Like our award-winning books, The Tao of Sudoku- Yoga for the Brain and The Word Search Oracle- Yoga for the Brain™ with Darity Wesley, this book has fascinating facts and enlightening insights in the chapters between sets of puzzles that are guaranteed to make you go hmmm...

Have fun solving all of these deliciously unique puzzles and inspiring secret messages! All while entertaining, maintaining and training your brain. The Word Search Sage team invites you to play!

Barbara White says

I love this book. It makes me think. Everyone needs books like The Word Search Sage - Yoga for the Brain to keep their brain active. Thanks to Goodreads First Reads for a copy of this book. I look forward to similar books from Cristina Smith.

Maranda Russell says

I knew I would likely love this book as I loved the two that came in the series before it (another word search book and a sudoku book). Indeed, it lived up to my expectations and was just as awesome as the first two! I absolutely love how Cristina and Rick Smith create these puzzle books that combine spirituality, new age mysticism, and puzzles! I can get my daily inspiration and meditation while I have fun doing puzzles! What could be better? The messages in this book are awesome, just as good as the first word search!

Angela Macdonald says

I love this book - I very kindly received this through a giveaway on this site and was delighted. It did not disappoint. I happen to love word searches and any other puzzles that keep my brain ticking over. I especially loved the theme of these and how they really got you thinking.

Susan Csoke says

WHAT A FANTASTIC IDEA>> I LOVE THIS BOOK, WHO WOULD'NT? Thank you Goodreads for this free book!!!!
