

Mrs Wordsmith.

# MY **EPIC LIFE** DAILY WORD WORKOUT

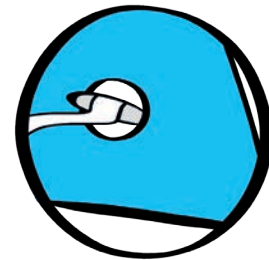


**180** WAYS TO TRAIN  
YOUR BRAIN FOR AN EPIC DAY



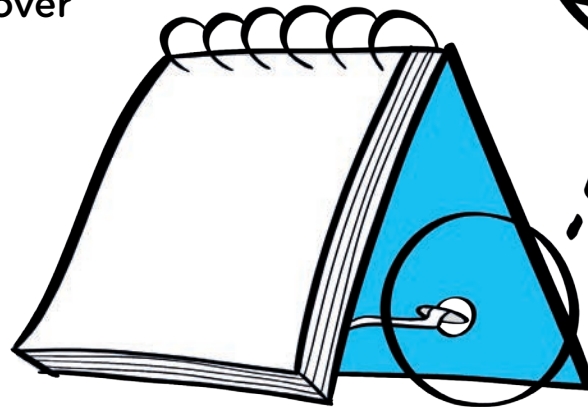
1

flip front  
cover



2

thread toggle  
through hole



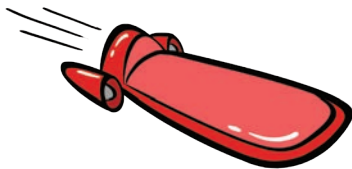
Now, place the book on a surface, do your daily word workout, and make your day epic.

**GET STARTED!**

# YOUR DAILY WORD WORKOUT: A SIMPLE GUIDE

A word workout trains your brain to be more powerful. It's like doing exercise, but you can do it from your kitchen table, while eating cereal.

Every day, flip a page, learn a hilariously illustrated word, and discover a related brain-teaser, inspirational quote, or activity to make your day epic.



**the future of  
technology**

## TOPICS INCLUDE:



**food and  
drink**



**basic  
mathematics**



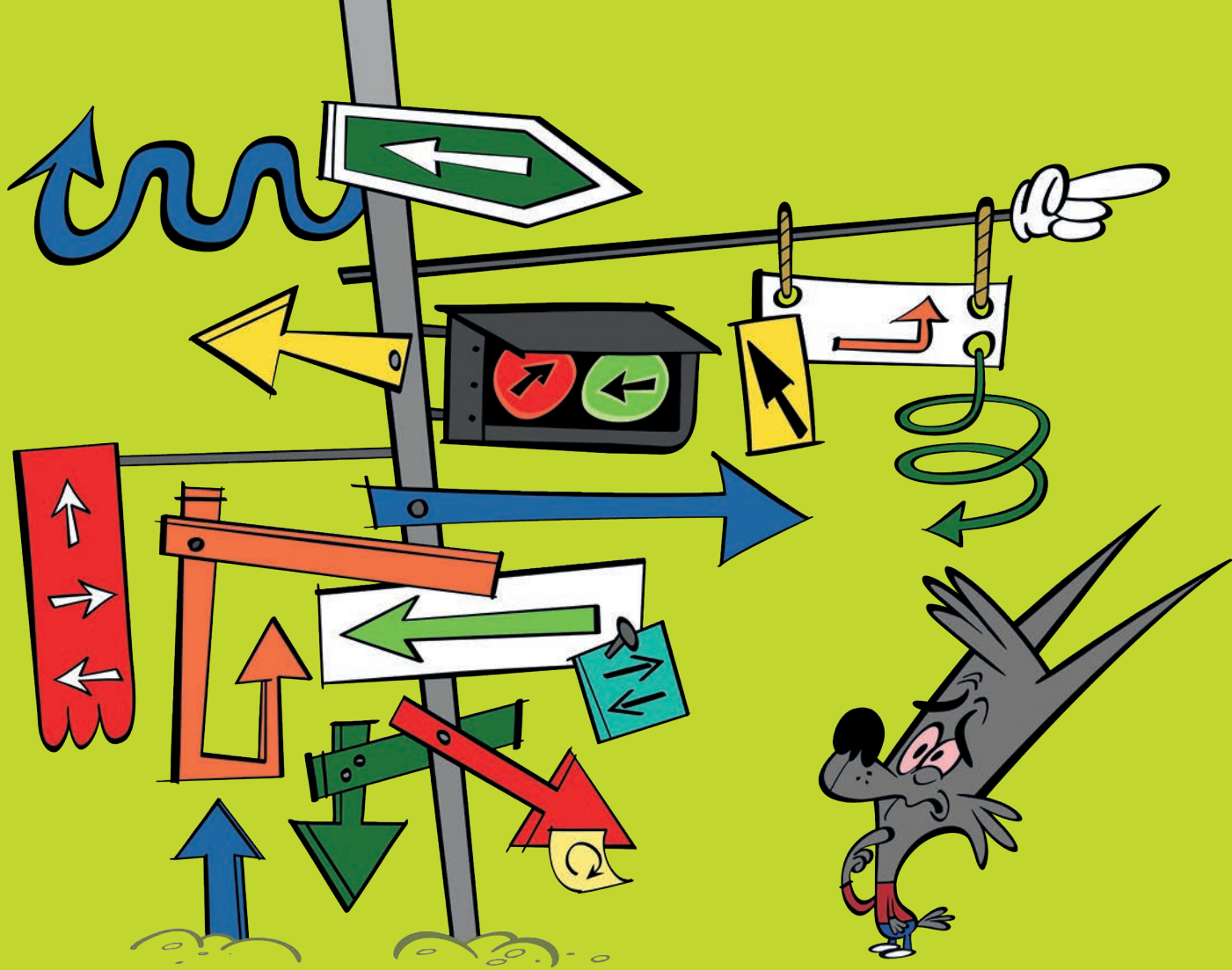
**emotions**

### Top tip:

This feature allows you to watch cartoons for some of the words featured in this book. Simply scan the QR code with the camera on your smartphone or tablet!

Some devices will require a QR scanner to do this - these can be downloaded free from your app store of choice. If you are having trouble, you can find more detailed instructions at [mrswordsmith.com](http://mrswordsmith.com)



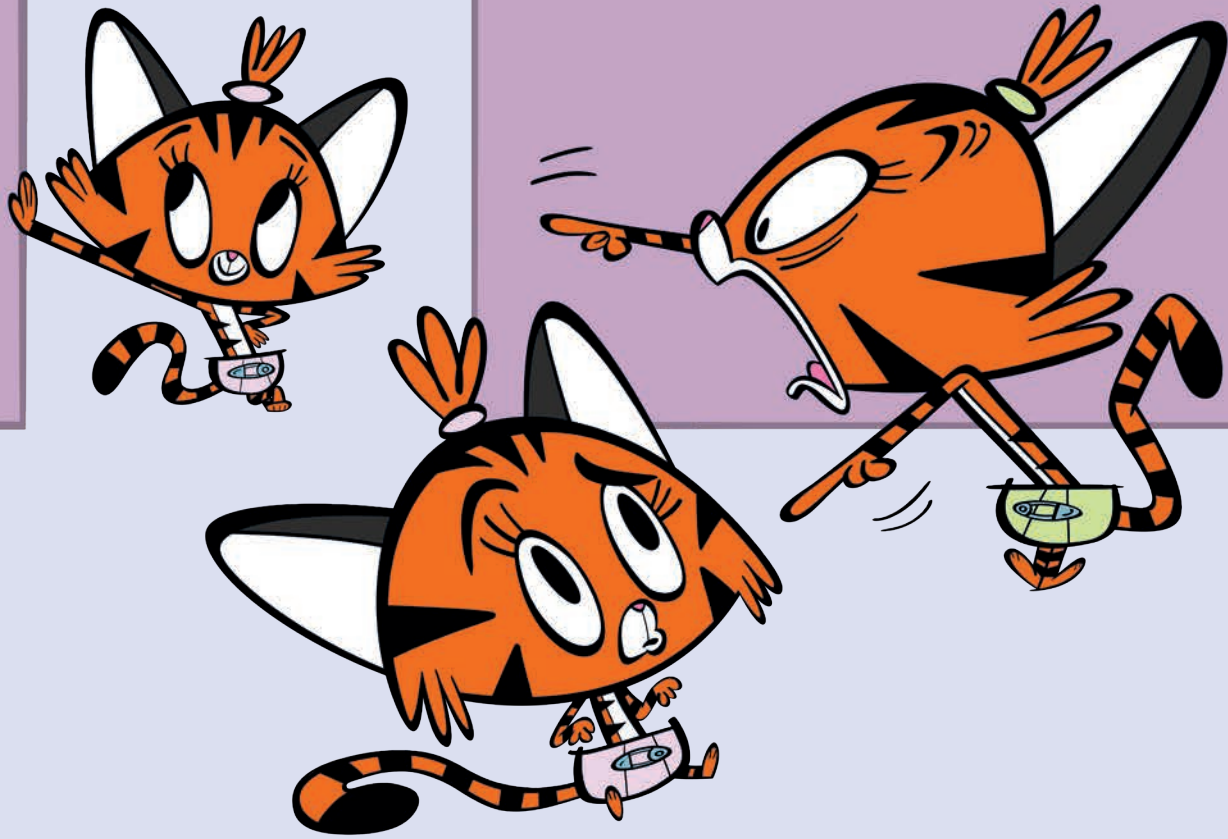


# confused

when you don't understand or you can't think clearly



**STILL CONFUSED?  
USE A MAP ON YOUR PHONE!**



# baffled

feeling like nothing makes any sense

CAN YOU SPOT THE DIFFERENCES?  
THERE ARE FIVE!

THE REAL YANG



THE YANG-ALIKE



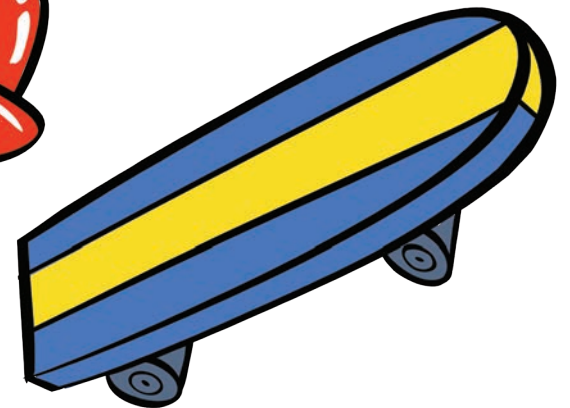
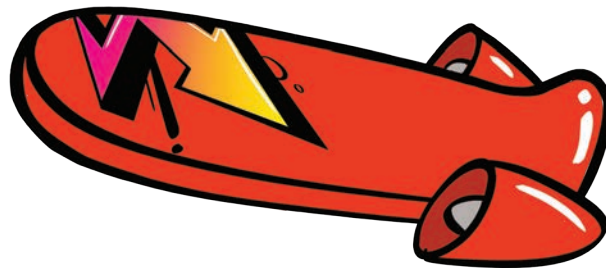
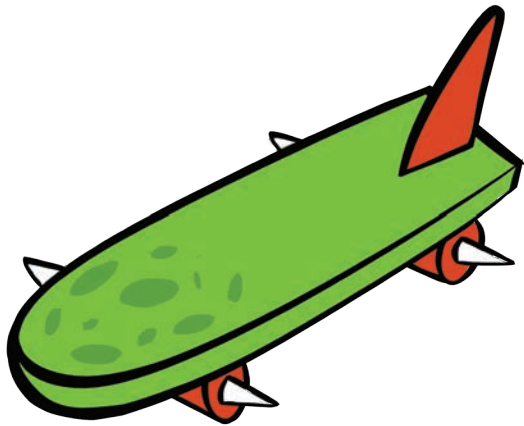


# upset

sad or worried about something



BEARNICE IS UPSET.  
CAN YOU HELP HER CHOOSE  
A NEW SKATEBOARD?



# primary

**colors**  
(AMERICAN)

**colours**  
(BRITISH)



**THESE ARE THE MOST  
BASIC PAINTS. WHAT HAPPENS  
IF YOU MIX THEM TOGETHER?**

**yellow**

**red**

**blue**





# dehydrated

feeling weak because you haven't had enough water

# HOW MUCH WATER SHOULD I DRINK PER DAY?

