

## The Scientific American Healthy Aging Brain: The Neuroscience of Making the Most of Your Mature Mind



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*(Laney Morissette)*

## THE SCIENTIFIC AMERICAN HEALTHY AGING BRAIN: THE NEUROSCIENCE OF MAKING THE MOST OF YOUR MATURE MIND



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Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. Welcome to the new old age! There has never been a better time, in all of history, to grow old. But will your brain age as well as the rest of you? In her fourth engaging book about the brain, Judith Horstman presents a realistic and encouraging overview of the well-aged brain, a sobering look at what can go wrong, and the latest in what neuroscience is finding might help you and your brain stay healthy longer. Culled from articles in Scientific American and Scientific American Mind as well as current research, the book explains how your brain grows and the changes to expect in a healthy aging brain. There's plenty of good news. While your brain does slow down with passing years, far from disintegrating, the healthy mature brain fades quite slowly. Short-term memory may not be what it once was, but the elder brain remains able to change and learn well into old age. And myths of a miserable old age are just that. In fact, studies show that for many, happiness increases after the age of 70. Moreover, dementia, depression, and delusion are not normal parts of aging but diseases that may be treated. While it's still difficult to predict what brains will fall prey to Alzheimer's disease, brain scientists are finding an association between lower risks of dementia and five healthy lifestyle practices that Horstman shows how to put into place right now. A new and positive message about growing older, The Scientific American Healthy Aging Brain is an indispensable user's manual on how to preserve what you've got, minimize what you've lost, and optimize the vigor and health of your brain...

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