



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

By Judith Horstman

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....



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