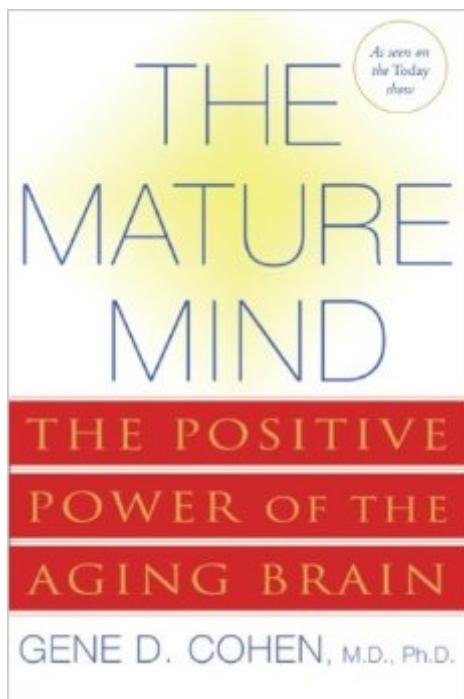


The book was found

The Mature Mind: The Positive Power Of The Aging Brain



Synopsis

The Mature Mind delivers good news for those in the second half of life, with an extraordinary account of cutting-edge neuroscience, groundbreaking psychology, fascinating vignettes from history and case studies, and practical advice for personal growth strategies. Gene Cohen, a renowned psychiatrist and gerontologist, draws from more than thirty years of research to show that surprising positive changes in our brains have the powerful potential to enhance, not diminish, our lives after fifty.

Book Information

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Customer Reviews

This book is EXTRAORDINARY. Every page I read gives HOPE to all of us that the last years of our lives can be beautiful years of thought, of action, of reflection. I have never had the good fortune to hear Dr. Cohen speak, but his voice comes through the pages of this book loud and clear. Just listen to a selection of sentences on just one randomly selected page:Â A life without memory is a ghost life at bestÂ Our brains have no known limits for memory storage. In other words just because you're old, that doesn't mean you've "used up" your brain's memory capacity.Â You need to understand a bit about the brain's mind-boggling circuitry.Â The limits on memory are logistical, not fundamental. We are limited only by the time we have in life for learning - our brains could contain many lifetimes of information. This is incredible information this man is giving up. All of the above appeared on page 106. I found the entire book to be chock full of optimistic statements and beliefs predicated on Gene Cohen's lifetime of scientific learning. I don't know about you, but when I pick up a book, the cover catches my eye, and then the feel. I want see how the pages feel

as I turn them. What font does the author used, and how big is that font? Is the author long-winded in his statements? Does the book have an extra hundred, or two hundred pages of filler material, or does the author get to the point? Am I going to take one or two fabulous thoughts out of this book, or is it full of gems on every page, just waiting for me to get at them? I couldn't put this book down, that's how interesting I found it. Chapter 7 is about "Reinventing Retirement". This chapter will transform your thinking as to what retirement can be all about.

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