

《(成熟的大脑)MATURE MIND》

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内容概要

A renowned medical researcher offers scientific proof that the mind actually improves with age, creating tremendous potential for growth and satisfaction in the later years. "The Golden Years" are being redefined. The fastest-growing segment of the population - those beyond the age of fifty - are no longer content to simply cope with the losses of age. Mental acuity and vitality are becoming a life-long pursuit. Now, the science of the mind is catching up with the Baby Boom generation. In this landmark book, Dr Gene Cohen challenges the long-held belief that our brain power inevitably declines as we age, and shows that there are actually positive changes taking place in our minds. Based on the latest studies of the brain, as well as moving stories of men and women in the second half of life, "The Power of the Mature Mind" reveals for the first time how we can continue to grow and flourish. Cohen's groundbreaking theory - the first to elaborate on the psychology of later life - describes how the mind gives us "inner pushes" and creates new opportunities for positive change throughout adult life. He shows how we can jump-start that growth at any age and under any circumstances, fine-tuning as we go, actively building brain reserves and new possibilities.

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作者简介

Gene D. Cohen , is alrecror or me Center on Aging, Health & Humanities at George Washington University, where he also holds the positions of professor of health care sciences and professor of psychiatry. He served as the first chief of the Center on Aging at the National Institute of Mental Health and acting director of the National Institute on Aging. Cohen is the author of The Creative Age. He lives in Kensington, Maryland.

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