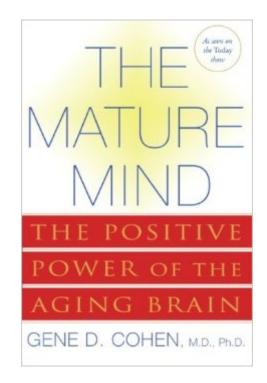
The book was found

# 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**

Paperback: 256 pages Publisher: Basic Books (December 26, 2006) Language: English ISBN-10: 0465012043 ISBN-13: 978-0465012046 Product Dimensions: 5.4 x 0.6 x 8.1 inches Shipping Weight: 13.1 ounces (View shipping rates and policies) Average Customer Review: 4.6 out of 5 stars Â See all reviews (39 customer reviews) Best Sellers Rank: #84,732 in Books (See Top 100 in Books) #24 in Books > Health, Fitness & Dieting > Aging > Medical Conditions & Diseases #32 in Books > Self-Help > Mid-Life #47 in Books > Politics & Social Sciences > Social Sciences > Gerontology

### **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:à A life without memory is a ghost life at bestà Â 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.Ã Â You need to understand a bit about the brain's mind-boggling circuitry.Ã 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.

#### Download to continue reading...

The Mature Mind: The Positive Power of the Aging Brain Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Anti Aging:Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever(Anti Aging Diet, Anti Aging Secrets, Anti Aging Drugs) (Fitness Book 1) Positive Discipline for Preschoolers: 10 Tips on Making Your Child Responsible and Confident (Positive Discipline, Positive Discipline for Preschoolers, Positive Discipline In The Classroom) Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eve Cream, Book 3) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Positive Thinking: How to Eliminate Negative Thinking and Gain Success, Health and Happiness Through Positive Thinking and Self-empowering Affirmations (Positive Thinking Everyday Book 1) Positive Parenting: How to talk to your kids so they listen...Your guide to everything you need to know about positive parenting and raising children to ... Positive Discipline, Parenting Books) Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Positive Thinking: How to Rewire Your Brain with Positive Thinking and Self-Empowering Affirmations to Finally Achieve Success and Freedom Saving Your Brain: The Revolutionary Plan to Boost Brain Power, Improve Memory, and Protect Yourself Against Aging and Alzheimer's Attitude: Discover The True Power Of A Positive Attitude (Positive Attitude, Eliminate Negative Thinking, How A Good Attitude Can Make You Happy) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) My Grain & Brain Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To Boost Brain Power, Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook BRAIN: 51 Powerful Ways to Improve Brain Power, Enhance Memory, Intelligence and Concentration NATURALLY! (MEMORY, Memory Improvement, Learning, Brain Training) The Better Brain Book: The Best Tool

for Improving Memory and Sharpness and Preventing Aging of the Brain Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Psychology: Hypnosis and Mind Control to Overcome Stress, Anxiety, Depression, & Finally Recover Your Happiness (Positive Thinking, Body Language, NLP, Mind Reading, CBT, Hypnosis Sex, Brainwashing) Positive Options for Children with Asthma: Everything Parents Need to Know (Positive Options for Health) Positive Options for Living with COPD: Self-Help and Treatment for Chronic Obstructive Pulmonary Disease (Positive Options for Health)

<u>Dmca</u>