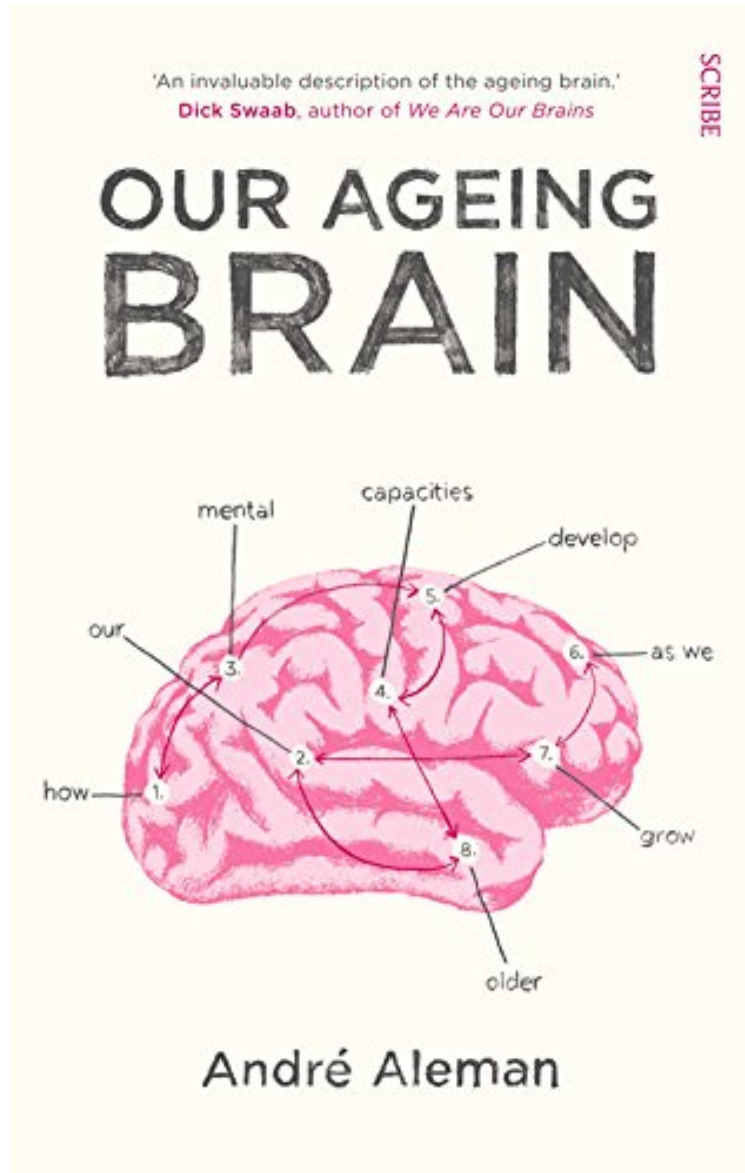


(Mobile book) Our Ageing Brain: How Our Mental Capacities Develop as We Get Older

Our Ageing Brain: How Our Mental Capacities Develop as We Get Older

Andr Aleman

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Andr Aleman : Our Ageing Brain: How Our Mental Capacities Develop as We Get Older before purchasing it in order to gage whether or not it would be worth my time, and all praised Our Ageing Brain: How Our Mental Capacities Develop as We Get Older:

We all worry sometimes that our brains particularly our memories just don't work as well as they used to. In this illuminating book, internationally acclaimed Dutch neuroscientist Andr Aleman shows that although the decline in our mental capacities begins earlier than we think, this is not such a bad thing. In fact, older people are more resistant to the effects of stress, cope better with their emotions and with complex situations, and are generally speaking happier than their younger counterparts. Our Ageing Brain will change the way we think about age and mental acuity. Drawn from the latest research in cognitive science, it outlines what takes place in the brain as we age, how to recognize the early symptoms of Alzheimer's disease, how to distinguish fact from fiction when it comes to ways of slowing down the aging process, and the seven most important things we can each do to keep our brains healthy. Published here in English for the first time, this is a refreshing, informative, and ultimately reassuring examination of what happens to our most important organ as we grow older.

I particularly recommend Our Ageing Brain by Andr Aleman ... who clearly explains how wrong many of our assumptions have been about the workings of older brains. Sir Muir Gray, Chief Knowledge Officer for the NHS and Director of Better Value Healthcare