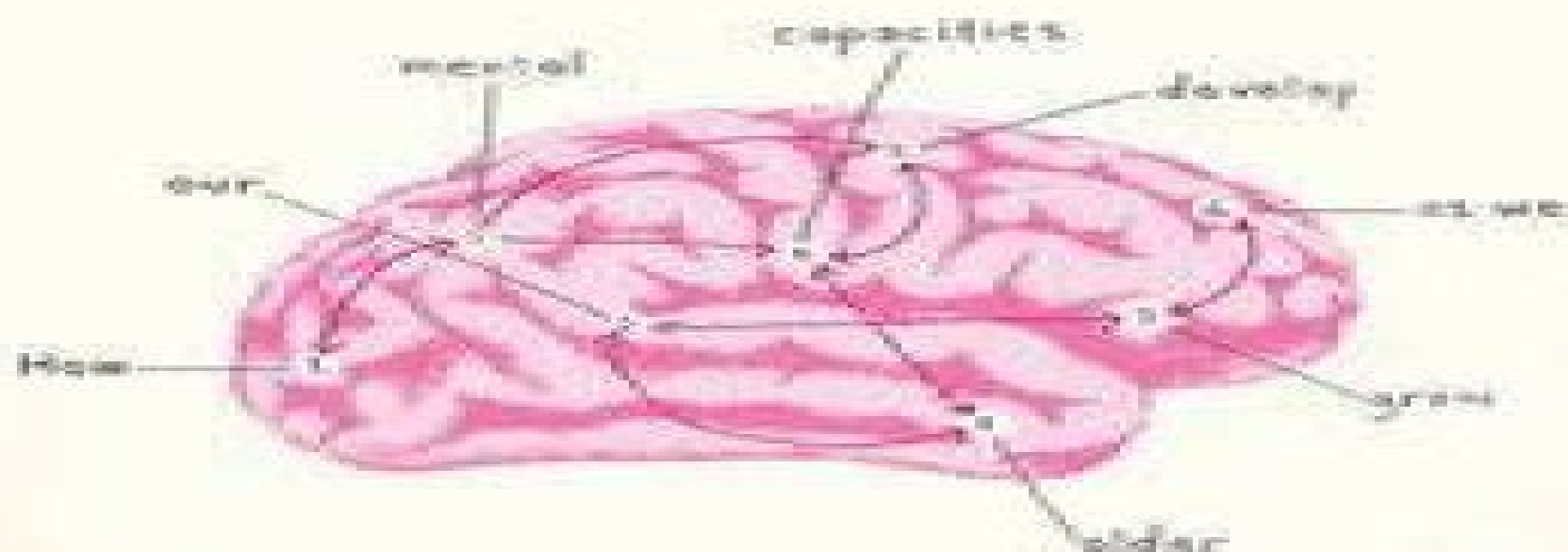


"An impressive description of the ageing brain"
Chris Brusa, author of *How the Brain Works*

OUR AGEING BRAIN



André Aleman

Our Ageing Brain By Aleman Andre 2014 Paperback

John Medina



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Our Ageing Brain André Aleman, 2014 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 Andre 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.

The Ageing Brain Perminder S. Sachdev, 2005-09-20 When confronted with a neurological or psychiatric disorder in an elderly individual a clinician or researcher is likely to ask how the processes of ageing have influenced the aetiology and presentation of the disorder and will impact on its efficient management. There are many urban myths about ageing and some of these apply to the brain. The reviews included in this book are an attempt to flush out some of these myths and arm the clinician and general researcher with the empirical facts that can be mustered to substantiate claims about ageing. There are many salient questions: is cognitive change to be expected in an elderly individual? Is this change progressive relentless and unselective or is it focal and constrained? Would every person who lived long enough develop Alzheimer's disease? Do our neurones die as we get old? What happens to the size of the brain and its metabolic activity? How do our hormones change with age? Can anti-oxidants slow or even stop the process of ageing? Are genes important in the ageing brain or is it all in the environment? How much of what we are is due to what we eat? The contributors to this book each an expert in their field have addressed some of these questions in a language simple enough for a general reader to understand. The book also deals with some of the most prominent brain disorders of old age: Alzheimer's disease, Parkinson's disease, vascular dementia and depression. The focus is on the impact of ageing on these disorders. The discussions lay out a broad map for the clinician dealing with neuropsychiatric disorders and the future researcher of brain ageing. In a field in which the developments are too numerous for any one individual to keep pace with this book presents up to date summaries that can be a useful starting point. The field of brain ageing abounds in tabloid science. This book counters this by providing a strong empirical grounding and considered synthesis of the research.

The Aging Brain Lawrence J. Whalley, 2001 Why do some people remain alert and vigorous at an age when others are declining mentally and physically? Does their apparent advantage have a biological basis and if so could this success be transferred to others predisposed to age more quickly? If this is achievable does brain aging then become the last obstacle to an extension of our useful life span? These

are just some of the questions answered in this book by Lawrence Whalley a researcher who specializes in the study of Alzheimer's disease. He relates that the brain may be able to compensate for its own aging since the loss of brain cells with age is not as extensive as once believed and that if some surviving cells retain the capacity to replicate there may be real prospects of reducing the worst effects of brain aging. In surveying the prospects of slowing or even preventing the worst effects of aging, Whalley looks at the development of the brain and how this is influenced by environmental factors such as diet and stress, the biological and psychological mechanisms of brain injury and disease, and the range of possible treatments and preventative measures including gene therapy, silicon neuron implants, virtual reality, and intelligent environments. Throughout the book, he relates the known facts about brain aging as well as our many preconceptions. Reexamining older scientific studies, the author is able to show that though much of what we take for granted about the mental processes of the older person is not simple, we may indeed be able to alleviate the effects of mental deterioration if not now, then in the future.

Brain Rules for Ageing Well John Medina, 2018-01-29 How come I can never find my keys? Why don't I sleep as well? Why do my friends keep repeating the same stories? What can I do to keep my brain sharp? Scientists know. Brain Rules for Ageing Well, by developmental molecular biologist Dr John Medina, gives you the facts and the prescription to age well in his engaging signature style. With so many discoveries over the years, science is literally changing our minds about the optimal care and feeding of the brain. All of it is captivating. A great deal of it is unexpected. In his New York Times bestseller *Brain Rules*, Dr Medina showed us how our brains really work and why we ought to redesign our workplaces and schools to match. Now in *Brain Rules for Ageing Well*, he shares how you can make the most of the years you have left. In a book destined to be a classic on ageing, Medina's fascinating stories and infectious sense of humour breathe life into the science. *Brain Rules for Ageing Well* is organised into four sections, each laying out familiar problems with surprising solutions. First, up an overview looking under the hood of an ageing brain as it motors through life. The second part focuses on the feeling brain, using topics ranging from relationships and stress to happiness and gullibility to illustrate how our emotions change with age. The third focuses on the thinking brain, explaining how various cognitive gadgets such as working memory and executive function change with time. Each section is sprinkled with practical advice: for example, a certain style of dancing may be better for your brain than eating fish. Medina explains not only how taking certain actions can improve your brain's performance but also what is known about the brain science behind each intervention. The final section is about the future. Your future. It's filled with topics as joyful as retirement and as heartbreaking as Alzheimer's. Medina connects all of the chapters into a plan, checklist style for maintaining your brain health. You may already be experiencing the sometimes unpleasant effects of the ageing process. Or you may be deeply concerned about your loved ones who are. Either way, *Brain Rules for Ageing Well* is for you.

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