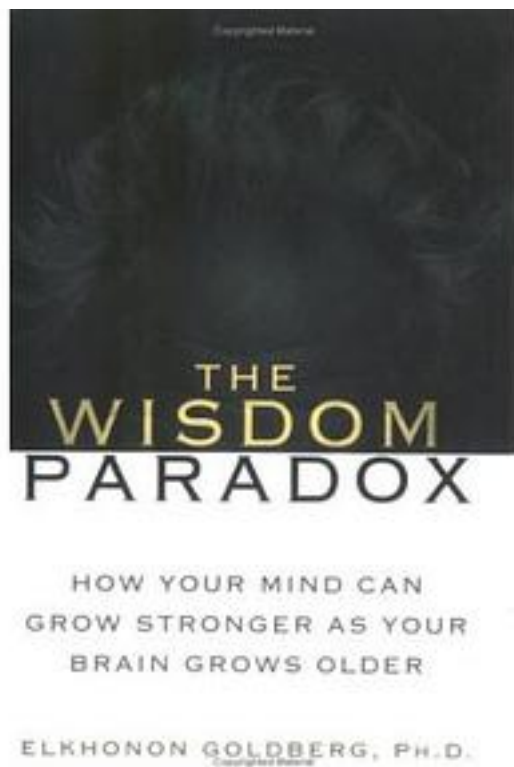


The Wisdom Paradox



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著者:Goldberg, Elkhonon

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“Impressive. . . Wide-ranging. . . The Wisdom Paradox makes a compelling case for the possibility of maintaining a sharp mind far into old age.”

—KENNETH SILBER, SCIENTIFIC AMERICAN MIND

The Wisdom Paradox explores the aging of the mind from a unique, positive perspective. In an era of increasing fears about mental deterioration, world-renowned

neuropsychologist Elkhonon Goldberg provides startling new evidence that though the brain diminishes in some tasks as it ages, it gains in many ways. Most notably, it increases in what he terms “wisdom”: the ability to draw upon knowledge and experience gained over a lifetime to make quick and effective decisions. Goldberg delves into the machinery of the mind, separating memory into two distinct types: singular (knowledge of a particular incident or fact) and generic (recognition of broader patterns). As the brain ages, the ability to use singular memory declines, but generic memory is unaffected—and its importance grows. As an individual accumulates generic memory, the brain can increasingly rely upon these stored patterns to solve problems effortlessly and instantaneously. Goldberg investigates the neurobiology of wisdom, and draws on historical examples of artists and leaders whose greatest achievements were realized late in life.

Praise for The Wisdom Paradox:

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“[A] graceful exposition of the latest findings in developmental neuropsychology, brain mapping, and computational neuroscience. . . Goldberg overturns stale assumptions about the different functions of the two sides of the brain and about the roles of the frontal lobes. . . It is still cheering, in an era that worships youth, to be reminded that age can bring its own intellectual gifts.”

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“A book of wise reflections on the gains, not the losses, that come to the older human mind. Here is a valuable addition to the literature on aging.”

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书评

智慧是个好消息，谁拥有更多的智慧？
随着年龄的增长，生活中认知任务的数量似乎会有所降低，而这些任务却需要努力而精准的创造新的思维结构。但是问题处理（从广义上来说）则需要不断增长的模式识别，这就意味着我们需要积累越来越多的认知模版。结果持续增长的未来自知任务就...

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