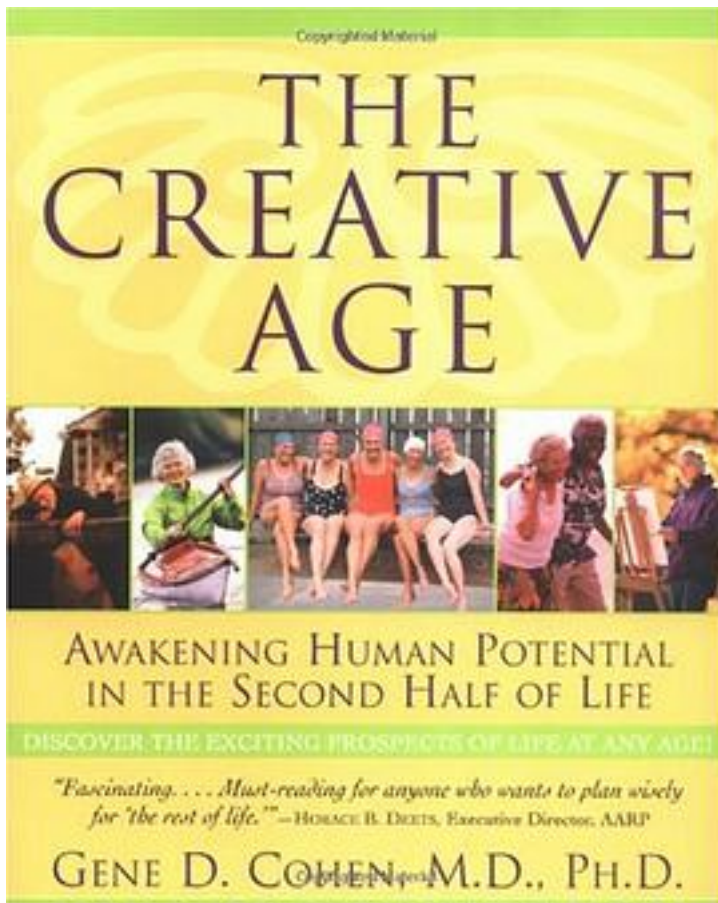


# The Creative Age



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著者:Cohen, Gene D.

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In a single generation, the view of life after fifty has changed dramatically. Today's society is shaped by unprecedented growth in the number of people living in their "golden years", shifting patterns of work and home life, and advances in health care that offer the promise of longer, more active lives. In this fascinating, life-affirming

book, Dr. Gene Cohen debunks harmful myths about aging and illuminates the biological and emotional foundations of creativity. He shows how the unique combination of age, experience, and creativity can produce exciting inner growth and infinite potential for everyone. Interweaving history, scientific research, inspiring true-life stories, and his own fresh insights, Dr. Cohen takes us into the previously uncharted territory of human potential in the "second half" of life. Discover the owners of the Creative Age: We can actually increase the number of essential connections among brain cells including those for memory and response. Many sleep and mood disorders can be eliminated by stimulating the brain; sleep problems are not an inevitable part of aging or decline in brain function Vocabulary expands well into the eighties among people who continue to challenge themselves intellectually through reading, writing, and word games -- having difficulty finding the right word is not inevitable Capitalizing on our creativity, and having a positive outlook and sense of well-being, boosts our immune systems.

作者介绍:

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