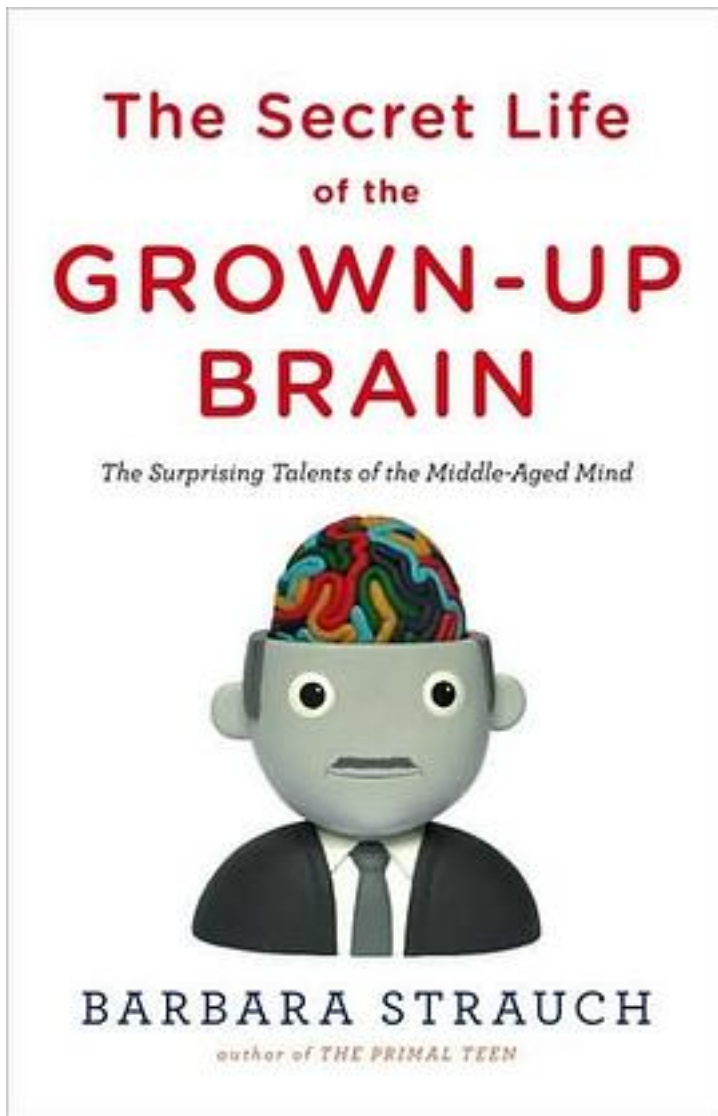


The Secret Life of the Grown-Up Brain



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A leading science writer examines how the brain's capacity reaches its peak in middle age. For many years, scientists thought that the human brain simply decayed over time and its dying cells led to memory slips, fuzzy logic, negative thinking, and even depression. But new research from neuroscientists and psychologists suggests that, in fact, the brain reorganizes, improves in important functions, and even helps us adopt a more optimistic outlook in middle age. Growth of white matter and brain connectors allow us to recognize patterns faster, make better judgments, and find unique solutions to problems. Scientists call these traits cognitive expertise and they reach their highest levels in middle age. In her impeccably researched book, science writer Barbara Strauch explores the latest findings that demonstrate, through the use of technology such as brain scans, that the middle-aged brain is more flexible and more capable than previously thought. For the first time, long-term studies show that our view of middle age has been misleading and incomplete. By detailing exactly the normal, healthy brain functions over time, Strauch also explains how its optimal processes can be maintained. Part scientific survey, part how-to guide, "The Secret Life of the Grown-Up Brain" is a fascinating glimpse at our surprisingly talented middle-aged minds.

作者介绍:

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万维钢精英日课

评论

日课019中年的大脑更厉害。年龄不应该用出生年份来计算，而应该按照还有多长时间死亡来算。

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