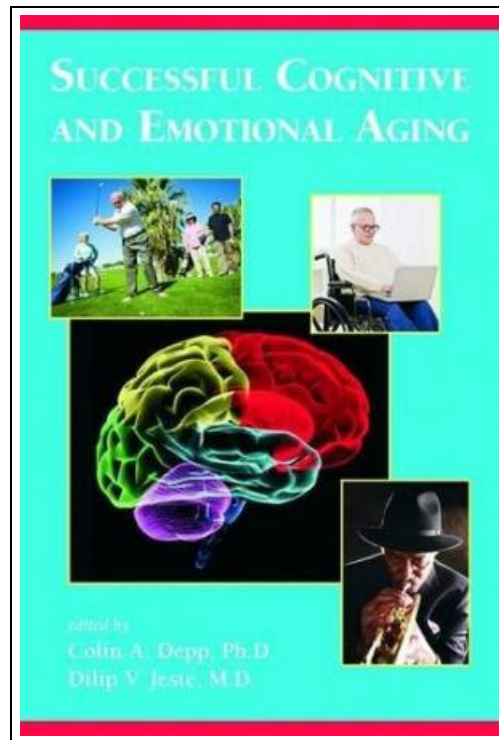


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Reviews

The book is great and fantastic. It is written in straightforward words and phrases rather than difficult to understand. You won't really feel monotony at any time of your respective time (that's what catalogues are for regarding should you question me).
(Payton Miller)

SUCCESSFUL COGNITIVE AND EMOTIONAL AGING (PAPERBACK)

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American Psychiatric Association Publishing, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book. The critical importance of brain health to the well-being of older adults is becoming increasingly clear. However, an important aspect that interests most people relates to what clinicians and their adult patients and family members can do to retain and even improve cognitive and emotional functioning as they age. Successful Cognitive and Emotional Aging thoroughly discusses the neuroscience of healthy aging and presents effective strategies for staying lively, engaged, and positive. The book is organized into three parts. The first one, focusing on behavioral and psychosocial aspects, strives to place cognitive aging in a broad context. With chapters that explore such topics as the meaning of wisdom, the role of spirituality in healthy aging, and what centenarians can teach us about cognition and emotion, this section sets the stage for a rich, robust, yet nuanced treatment of its subject. The second part addresses the biological aspects and presents the scientific foundations of cognitive aging, as well as reviews the research on the role of factors such as stress, resilience, and diet. Finally, the third section addresses prevention and intervention strategies in a practical, down-to-earth fashion, addressing questions such as What environments encourage physical activity? and How can we promote resilience? Several features of the book are especially noteworthy: • The book bridges the gap between popular science for a lay audience and the heavily theoretical, academic approach of other books on the aging brain, making it suitable not only for clinicians but for their patients and family members as well. • The fascinating story of an innovative intergenerational school makes the case for meaningful activity -- not just for the older participants but for the entire community -- and is suggestive of the plethora of possible...

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