



The Mature Mind: The Positive Power of the Aging Brain

By Gene D. Cohen

Download now

Read Online ➔

The Mature Mind: The Positive Power of the Aging Brain By Gene D. Cohen

The Mature Mind delivers good news for those in the second half of life, with an extraordinary account of cutting-edge neuroscience, groundbreaking psychology, fascinating vignettes from history and case studies, and practical advice for personal growth strategies. Gene Cohen, a renowned psychiatrist and gerontologist, draws from more than thirty years of research to show that surprising positive changes in our brains have the powerful potential to enhance, not diminish, our lives after fifty.

⬇ [Download The Mature Mind: The Positive Power of the Aging B ...pdf](#)

📄 [Read Online The Mature Mind: The Positive Power of the Aging ...pdf](#)

The Mature Mind: The Positive Power of the Aging Brain

By Gene D. Cohen

The Mature Mind: The Positive Power of the Aging Brain By Gene D. Cohen

The Mature Mind delivers good news for those in the second half of life, with an extraordinary account of cutting-edge neuroscience, groundbreaking psychology, fascinating vignettes from history and case studies, and practical advice for personal growth strategies. Gene Cohen, a renowned psychiatrist and gerontologist, draws from more than thirty years of research to show that surprising positive changes in our brains have the powerful potential to enhance, not diminish, our lives after fifty.

The Mature Mind: The Positive Power of the Aging Brain By Gene D. Cohen Bibliography

- Sales Rank: #385831 in Books
- Published on: 2006-12-26
- Released on: 2006-12-26
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .63" w x 5.50" l, 1.00 pounds
- Binding: Paperback
- 256 pages

 [Download The Mature Mind: The Positive Power of the Aging B ...pdf](#)

 [Read Online The Mature Mind: The Positive Power of the Aging ...pdf](#)

Editorial Review

From Publishers Weekly

Old dogs can learn new tricks, says psychiatrist Cohen, drawing on the latest studies of the aging brain and mind. In fact, new scanning technologies show that in some ways the aging brain is more flexible than younger ones. How we look at the "mature mind" may change with the theories and research presented by Cohen (*The Creative Age*), founding chief of the Center on Aging at the National Institute of Mental Health. Aiming to debunk the myth of aging as an inevitable decline of body and mind, Cohen introduces the concept of developmental intelligence, a "maturing synergy of cognition, emotional intelligence, judgment, social skills, life experience, and consciousness." Expanding on Erik Erikson's developmental psychology, Cohen postulates that there are four phases of psychological development in mature life: midlife re-evaluation, "a time of exploration and transition"; liberation, a desire to experiment; the summing-up phase of "recapitulation, resolution, and review"; and "encore," the desire to go on. Drawing on the results of two groundbreaking studies, Cohen illustrates that the years after age 65 are anything but "retiring," and that creativity, intellectual growth and more satisfying relationships can blossom at any age.

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

From [Booklist](#)

Starred Review Never mind those "senior moments" in which a word slips away just as it's about to leave the lips. Cohen has good news for the over-40 set: older brains can learn new things, and they are actually better than younger brains at many types of intellectual tasks. Recent studies show that the brain and mental capacity continue to grow throughout life. This development takes advantage of a lifetime of experiences as well as the emotional mellowing that occurs with advancing age and eventuates in the older brain processing information in a manner quite different from and in no way inferior to the way a young brain performs. Cohen's own research establishes that both hemispheres of the brain are used more efficiently and that the brain becomes vastly more creative as life goes on. Contrary to the previous belief that new brain cells stop forming after adolescence, the former chief of the Center on Aging at the National Institutes of Health says that growing new brain cells is a lifelong phenomenon. He identifies four developmental phases of the mature brain—midlife reevaluation, liberation, summing up, and encore; cannily supplements his data with anecdotes; and all-in-all offers a shot in the arm to the hopes of millions who wish to remain vital to the end.

Donna Chavez

Copyright © American Library Association. All rights reserved

Review

"Old dogs can learn new tricks... Drawing on the results of two groundbreaking studies, Cohen illustrates that the years after age 65 are anything but 'retiring', and that creativity, intellectual growth and more satisfying relationships can blossom at any age." Publishers Weekly"

Users Review

From reader reviews:

Toby Terry:

This book untitled The Mature Mind: The Positive Power of the Aging Brain to be one of several books in which best seller in this year, here is because when you read this book you can get a lot of benefit into it.

You will easily buy this specific book in the book retail store or you can order it by means of online. The publisher of the book sells the e-book too. It makes you quicker to read this book, as you can read this book in your Smartphone. So there is no reason to you to past this reserve from your list.

Anthony Anderson:

The book untitled The Mature Mind: The Positive Power of the Aging Brain contain a lot of information on the item. The writer explains your girlfriend idea with easy means. The language is very clear to see all the people, so do definitely not worry, you can easy to read that. The book was compiled by famous author. The author brings you in the new period of time of literary works. It is easy to read this book because you can please read on your smart phone, or program, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site and also order it. Have a nice study.

Roger Lee:

Don't be worry in case you are afraid that this book will certainly filled the space in your house, you could have it in e-book means, more simple and reachable. That The Mature Mind: The Positive Power of the Aging Brain can give you a lot of friends because by you investigating this one book you have factor that they don't and make you more like an interesting person. This particular book can be one of one step for you to get success. This publication offer you information that perhaps your friend doesn't realize, by knowing more than different make you to be great individuals. So , why hesitate? Let me have The Mature Mind: The Positive Power of the Aging Brain.

Sara Jones:

That publication can make you to feel relax. This book The Mature Mind: The Positive Power of the Aging Brain was colorful and of course has pictures around. As we know that book The Mature Mind: The Positive Power of the Aging Brain has many kinds or type. Start from kids until teenagers. For example Naruto or Investigator Conan you can read and believe you are the character on there. So , not at all of book are usually make you bored, any it offers you feel happy, fun and rest. Try to choose the best book for yourself and try to like reading that.

Download and Read Online The Mature Mind: The Positive Power of the Aging Brain By Gene D. Cohen #ONUTBQ5A8ZR

Read The Mature Mind: The Positive Power of the Aging Brain By Gene D. Cohen for online ebook

The Mature Mind: The Positive Power of the Aging Brain By Gene D. Cohen Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Mature Mind: The Positive Power of the Aging Brain By Gene D. Cohen books to read online.

Online The Mature Mind: The Positive Power of the Aging Brain By Gene D. Cohen ebook PDF download

The Mature Mind: The Positive Power of the Aging Brain By Gene D. Cohen Doc

The Mature Mind: The Positive Power of the Aging Brain By Gene D. Cohen Mobipocket

The Mature Mind: The Positive Power of the Aging Brain By Gene D. Cohen EPub

ONUTBQ5A8ZR: The Mature Mind: The Positive Power of the Aging Brain By Gene D. Cohen