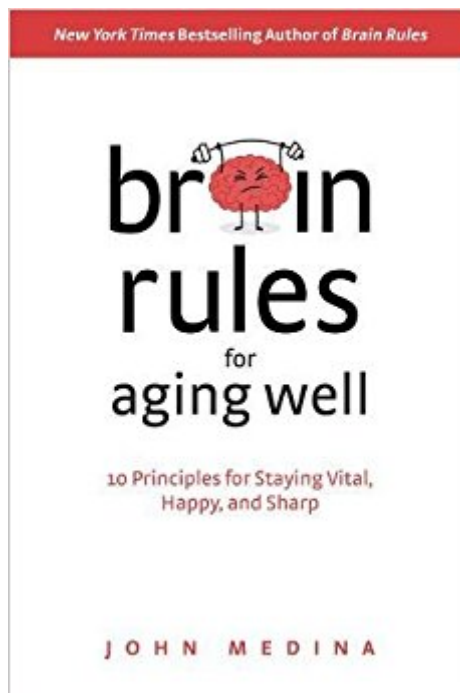




The book was found

Brain Rules For Aging Well: 10 Principles For Staying Vital, Happy, And Sharp



Synopsis

How come I can never find my keys? Why don't I sleep as well as I used to? Why do my friends keep repeating the same stories? What can I do to keep my brain sharp? Scientists know. Brain Rules for Aging Well, by developmental molecular biologist Dr. John Medina, gives you the facts and the prescription to age well in his signature engaging style. With so many discoveries over the years, science is literally changing our minds about the optimal care and feeding of the brain. All of it is captivating. A great deal of it is unexpected. In his New York Times best seller Brain Rules, Medina showed us how our brains really work and why we ought to redesign our workplaces and schools to match. In Brain Rules for Baby, he gave parents the brain science they need to know to raise happy, smart, moral kids. Now, in Brain Rules for Aging Well, Medina shares how you can make the most of the years you have left. In a book destined to be a classic on aging, Medina's fascinating stories and infectious sense of humor breathe life into the science. Brain Rules for Aging Well is organized into four sections, each laying out familiar problems with surprising solutions. First up, the social brain, in which topics ranging from relationships to happiness and gullibility illustrate how our emotions change with age. The second section focuses on the thinking brain, explaining how working memory and executive function change with time. The third section is all about your body: how certain kinds of exercise, diets, and sleep can slow the decline of aging. Each section is sprinkled with practical advice—for example, the fascinating benefits of dancing—and the brain science behind each intervention. The final section is about the future. Your future. Medina connects all the chapters into a plan for maintaining your brain health. You may already be experiencing the sometimes-unpleasant effects of the aging process. Or you may be deeply concerned about your loved ones who are. Either way, Brain Rules for Aging Well is for you.

Book Information

Hardcover: 288 pages

Publisher: Pear Press (October 3, 2017)

Language: English

ISBN-10: 0996032673

ISBN-13: 978-0996032674

Product Dimensions: 6.1 x 1.2 x 9.2 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #49,809 in Books (See Top 100 in Books) #21 in Books > Politics & Social

Sciences > Social Sciences > Gerontology #189 in [Brain Rules](#) > Health, Fitness & Dieting > Aging #350 in [Brain Rules](#) > Science & Math > Behavioral Sciences > Cognitive Psychology

Customer Reviews

John Medina, a developmental molecular biologist, has a lifelong fascination with how the mind reacts to and organizes information. He is also the author of the New York Times bestseller *Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School* -- a provocative book that takes on the way our schools and work environments are designed and *Brain Rules for Baby: How to Raise a Smart and Happy Child from Zero to Five*. Medina is an affiliate professor of bioengineering at the University of Washington School of Medicine. He lives in Seattle, Washington, with his wife and two boys.

[Download to continue reading...](#)

Brain Rules for Aging Well: 10 Principles for Staying Vital, Happy, and Sharp
Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain)
Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products)
10 Years Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle)
Staying Sharp: 9 Keys for a Youthful Brain through Modern Science and Ageless Wisdom
Super Foods for Seniors (Reverse the Effects of Aging, Rejuvenate Your Veins and Arteries, Keep Your Brain Sharp for Your Golden Years)
Stop Aging Now!: Ultimate Plan for Staying Young and Reversing the Aging Process
The 25 Razor-Sharp Blues and Boogie Guitar Solos (Book and CD) (Red Dog Music Books Razor-Sharp Blues Guitar Series)
101 Razor-Sharp Blues Guitar Rhythm Patterns in the Electric Urban / Chicago Style (Book and CD) (Red Dog Music Books Razor-Sharp Blues Guitar Series)
101 Razor-Sharp Blues Guitar Turnarounds book and CD (Red Dog Music Books Razor-Sharp Blues Guitar Series)
101 Razor-Sharp Blues Guitar Fill-In Licks (Book and CD) (Red Dog Music Books Razor-Sharp Blues Guitar Series)
48 Razor-Sharp 12-Bar Blues Riffs for Swing Bands and Blues Bands: B Flat Instruments Edition (Red Dog Music Books Razor-Sharp Blues Series)
48 Razor-Sharp 12-Bar Blues Riffs for Swing Bands and Blues Bands: Guitar Edition (Red Dog Music Books Razor-Sharp Blues Series)
Anti Aging Essentials, Secrets and Tips: Your Midlife Encyclopedia, Improve Diet, Exercise, Skin (Look and Feel Younger, (Anti Aging Secrets, Anti Aging Diet)
American Cancer Society Complete Guide to Nutrition for

Cancer Survivors: Eating Well, Staying Well During and After Cancer Living Well, Staying Well:: Big Health Rewards from Small Lifestyle Changes (American Heart Association) Love, Sex and Staying Warm: Creating a Vital Relationship Staying Healthy in Asia, Africa, and Latin America (Moon Handbooks Staying Healthy in Asia, Africa & Latin America) Happy, Happy, Happy: My Life and Legacy as the Duck Commander Whole Health for Happy Cats: A Guide to Keeping Your Cat Naturally Healthy, Happy, and Well-Fed (Quarry Book)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)