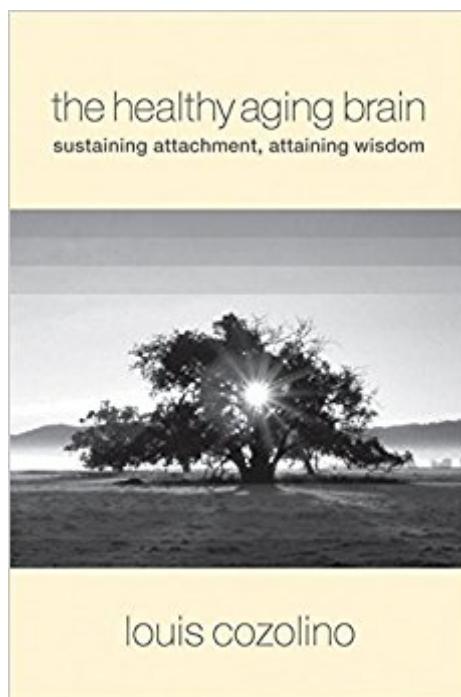


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# The Healthy Aging Brain: Sustaining Attachment, Attaining Wisdom (Norton Series On Interpersonal Neurobiology)



## Synopsis

A neuroscientifically based account of how our brains age and change over time. What would you do if you could live to 122, like the Frenchwoman Madame Calment, whose life span is the oldest ever recorded? What if you could do so and stave off dementia, Alzheimer's, and other common ailments of aging? What would happen if we stopped thinking of ourselves as aging and in decline, and instead started thinking of ourselves as chronologically advantaged? More effective than age-defying creams and anti-aging pills is a concrete understanding of how our bodies and our brains age, and what we can do to work with this natural process to make life as long and as fulfilling as possible. This is just what *The Healthy Aging Brain* offers. Here, expert psychologist and veteran therapist Louis Cozolino reveals that groundbreaking brain research proves that our brains continue to grow and change throughout our lives. He offers a neuroscientifically-based account of just how our brains age and evolve over time. In short, Cozolino says, our individual health and longevity are inextricably linked to those around us. How we age is grounded in our human relationships.

## Book Information

Series: Norton Series on Interpersonal Neurobiology

Hardcover: 380 pages

Publisher: W. W. Norton & Company; 1 edition (October 17, 2008)

Language: English

ISBN-10: 0393705137

ISBN-13: 978-0393705133

Product Dimensions: 5.9 x 1.4 x 8.6 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 13 customer reviews

Best Sellers Rank: #172,911 in Books (See Top 100 in Books) #40 in Books > Health, Fitness & Dieting > Aging > Medical Conditions & Diseases #170 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #177 in Books > Textbooks > Medicine & Health Sciences > Medicine > Basic Sciences > Neuroscience

## Customer Reviews

"[E]xtremely well-written and communicates complex topics in a very understandable and entertaining manner. . . . [A] very useful reference resource for helping to educate aging adults and possibly their caregivers on cognitive changes, cognitive plasticity, and associated social functioning

in later life. - Activities, Adaptation and Aging - "Weaving tales of his own psychology practice with plenty of science and specific exercises for keeping one's brain pliant, Cozolino has moved the discourse on aging several leaps forward. - Shift - "I highly recommend reading *The Healthy Aging Brain*. This book, reassures readers that mental deterioration need not accompany growing old, and to that end, Cozolino even provides an appendix listing 52 different activities to keep older brains vibrant. - The Scientist - "This is the third book by Louis Cozolino that I have had the privilege to read and review. Each is golden in its own way and I would recommend this book as well; not only to understand the brain and how it functions, but also because of the wisdom contained in it. - Journal of Canadian Academy of Child and Adolescent Psychiatry

Louis Cozolino, PhD, is a professor of psychology at Pepperdine University and a private practitioner. He is the author of *The Healthy Aging Brain*, *The Neuroscience of Human Relationships*, *The Neuroscience of Psychotherapy*, and *The Making of a Therapist*. He lives in Los Angeles, California.

This is a well written book with lots of documentation. I am a psychologist and I appreciate accurate information. This is a comprehensive overview of the psychology and neuroscience of aging, yet is easy reading due to stories, famous quotes and compelling prose. I feel comfortable lending this book out to my clients. It is not just for professionals and students, anyone interested in this topic will enjoy this book.

Growing old is fun only if we can be an active, thinking, and contributing part of the community. This depends on maintaining a healthy brain and in this book Professor Cozolino helps us understand the daily choices we can make to ensure that happens. Cozolino provides many insights to understand the connections between our actions and brain health. One of the key insights is that we are social animals and have social brains which evolved in societies working together to provide the daily needs of the tribe. He extends the network of neurons in our brain, communicating through synapses using chemical neurotransmitters, to the level of the human society communicating through the "social synapse" using sounds, sight, touch, and smell. Ingenious! He points out the importance of relationships with other humans in continuing to learn through the ability of our brain to grow both neuron networks and even new neurons for your entire life. This is a significant contribution to society when the relationship is with a grandchild and there is learning not only on

the part of the elder but on the part of the child. The brain must be stimulated to learn and a child learns much from his grandfather. A healthy aging brain has gathered and consolidated much knowledge which can be passed on to the next generation through storytelling, contributing to the tribal wisdom. Professor Cozolino has written a remarkable and insightful book which gives one a new view of how the aging individual fits in with society and the contributions he can make.

The Healthy Aging Brain is an excellent read. I have read several of Louis Cozolino's books and find his style of writing, his ability to personalize it for the reader, and just generally make it user friendly for professional and non-professional (Neuro-biology) readers most extraordinary. He is engaging and I recommend this book for young and old alike. Cozolino makes it profoundly clear how very important it is to stay deeply connected with one another and how important our elders and their stories handed down to our children are. And in so doing this actually stops the aging brain from losing plasticity. Through the reconnecting of the wise mind (aging brain) and the children (developing brain) we not only live longer lives but heal and maintain a healthier social order.

I am about half way through and I am learning a lot about what changes our brains undergoes as we age. So far I can see that some abilities diminish while others improve. It is fascinating to see how these changes interact with the social synapse, both now and during evolution. I recommend this book to anyone interested in Human development. I will consider using this book as a text for future classes in Lifespan Development: Older Adult.

This book gives an overall biological and psychological description of the aging process from birth to death. It is easy to read and understand for all of us who, without a doubt will go through this fascinating growth, as illuminated by the author. I would like to send copies to everyone I know.

Best book I've read to inspire me to grow old.

Awesome book!!!!

The author means well and has common sense but there is nothing brilliant about this book. You won't learn anything new or illuminating. Midwest Independent Research, educational websites. Eldercare, mwir-eldercare.blogspot. There is information and a book list on ageing.

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