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THE SCIENTIFIC AMERICAN HEALTHY AGING BRAIN: THE NEUROSCIENCE OF MAKING THE MOST OF YOUR MATURE MIND



Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. Welcome to the new old age! There has never been a better time, in all of history, to grow old. But will your brain age as well as the rest of you? In her fourth engaging book about the brain, Judith Horstman presents a realistic and encouraging overview of the well-aged brain, a sobering look at what can go...

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- Authored by Judith Horstman
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