



# Recommended Reading

## The Mature Mind

**Our minds can continue to grow and flourish with age**

**By Todd Peterson**

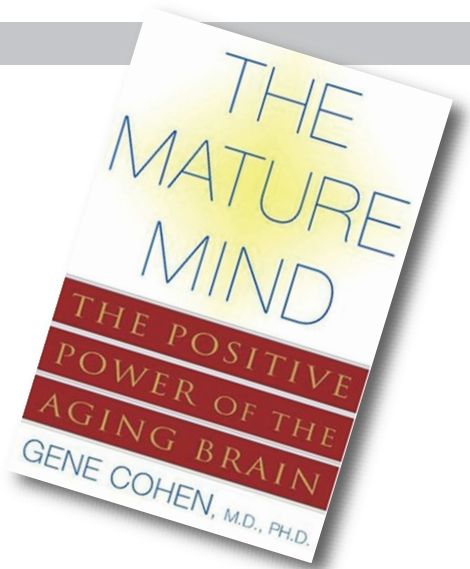
With all the concern today about Alzheimer's and other diseases causing memory loss, it's easy to forget the positive changes that take place in our human brain as we age. Truth is, contrary to long accepted beliefs that our brain power inevitably declines, our minds continue to grow and flourish with age.

In his book, *The Mature Mind*, Gene Cohen documents findings of aging research that shows "not only does the brain retain its capacity to form new memories, which entails making new connections between brain cells, but it can grow entirely new brain cells - a stunning finding filled with potential."

Dr. Cohen goes on to say that, "we've also learned that older brains can process information in a dramatically different way that younger brains. Older people can use both sides of their brains for tasks that younger people use only one side to accomplish."

"A great deal of scientific work has also confirmed the 'use it or lose it' adage: the mind grows stronger from use and from being challenged in the same way that muscles grow stronger with exercise," says Cohen, who is director of the Center on Aging, Health and Humanities at George Washington University.

*The Mature Mind* presents authoritative research and real-life examples to show



the positive power of older minds. In a highly readable style, Dr. Cohen describes scientific studies on what happens to the brain as it ages and offers inspiring life stories of ordinary people who demonstrate our creative potential as we live into elderhood.

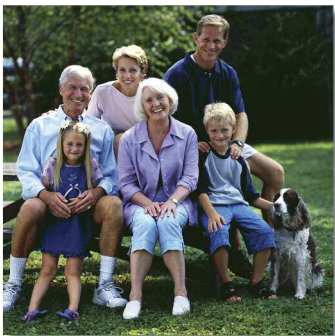
Cohen says we have inner drives or desires which he calls the "Inner Push" that motivate us to move through the life phases -drives that work in concert with changes in the aging brain. The "inner push" and four phases ring true from my own life experience and from people I've known over the years.

The most practical and usable information in *The Mature Mind* covers activities for "brain fitness" -all of which work to boost clarity, power, and subtlety of the brain/mind significantly- exercise physically, exercise mentally, pick challenging leisure activities, achieve mastery and establish strong social networks.

*The Mature Mind* is a mind-changing book which will awaken you to the positive power of the aging brain and increase your sense of control over its health and well-being. Read it to learn how to realize the amazing potential for your life as you grow older.

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