

**THE SECRET LIFE OF THE GROWN-UP BRAIN:
DISCOVER THE SURPRISING TALENTS OF THE
MIDDLE-AGED MIND**

Jayd Watkin

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The secret life of the grown-up brain

Life of the Grown-up Brain: The Surprising Talents of the Middle-Aged Mind on allow us to recognize patterns faster, make better judgments, and find unique.

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The Secret Life of the Grown-up Brain: The Surprising Talents of the Middle .. My middle-aged mind may be falling apart, but I know a clinker when I read one.

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Much of this book derives from studies of middle-aged brains using this tool. In fact, *Morphing Your Middle-Aged Mind* might have been a more appropriate and it was a great relief to find that Strauch does not broach the topic until the final.

Scientists tell us that as we careen through middle age, our brains do slow down. *The Secret Life of the Grown-up Brain: The Surprising Talents of the Middle-Aged Mind* "And they find that in this middle span, we get higher scores on all head - A, B, C - which may retrigger the memory in your mind.

Related books: [La tapisserie de sainte Geneviève et de Jeanne d'Arc \(French Edition\)](#), [Debt repaid](#), [Rousseaus Bekenntnisse: Zweiter Theil \(German Edition\)](#), [The Message of Atlantis](#), [The Small Book](#).

This will create a bigger neural footprint in your brain, creating more ways for your brain to remember. I'm about to turn 43, so I'm particularly interested these days in learning more about how the middle-aged brain works, and especially if there is any proven advice yet about ways to stave off the dementia and Alzheimer's that might come later in life, here now in my forties when I can still do something a Reprinted from the Chicago Center for Literature and Photography [cclapcenter.

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ReaditForwardReadit. In her impeccably researched book, science writer Barbara Strauch explores the latest findings that demonstrate, through the use of technology such as brain scans, that the middle-aged brain is more flexible and more capable than previously thought.