



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

Louis Cozolino

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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.

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