

## **THE SECRET LIFE OF THE GROWN UP BRAIN**



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The Secret Life of the Grown-Up Brain: The Surprising Talents of the Middle-Aged Brain - Barbara Strauch . A random pick off the TBR shelves on the topic of learning/creativity type info triggered by the TEDx conference the other day, this was an enjoyable read about the myths (and truths) of the middle-aged brain.

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### **The secret life of the grown up brain New York Post**

Given the subject matter, the title of science writer Barbara Strauch's new book feels limited: In it, she examines and explores new scientific research that shows the human brain, at mid-life

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The Secret Life of the Grown-up Brain: The Surprising Talents of the Middle-Aged Mind, by Barbara Strauch is a wonderful book. Strauch is a generous and wise author, writing about the middle-age brain through a combination of stories and science that seems well calibrated to the brains of her readers.

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**Fresh Air Interviews Writer Barbara Strauch NPR NPR org**

Tips taken from The Secret Life of the Grown-up Brain On Distractions One of the most troublesome parts of growing older, says Strauch, is that humans grow more distracted as they age.

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**The Secret Life of the Grown Up Brain eBook by Barbara**

Read "The Secret Life of the Grown-Up Brain Discover The Surprising Talents of the Middle-Aged Mind" by Barbara Strauch with Rakuten Kobo. For many years, scientists thought that the human brain simply decayed over time and its dying cells led to memory slips

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