



AARP's Best Books Series

## Brain Fitness

**The Dana Guide to Brain Health**, by Floyd E. Bloom, M. Flint Beal, and David J. Kupfer (Dana Press, 2006).

**The SharpBrains Guide to Brain Fitness: 18 Interviews with Scientists, Practical Advice, and Product Reviews, to Keep Your Brain Sharp**, by Alvaro Fernandez and Elkhonon Goldberg. (SharpBrains Inc., 2009).

**Save Your Brain: The 5 Things You Must Do To Keep Your Mind Young and Sharp**, by Paul Nussbaum. (McGraw-Hill, 2010)

**The Secret Life of the Grown-Up Brain: The Surprising Talents of the Middle-Aged Mind**, by Barbara Strauch (Viking, 2010).

**The Memory Bible: An Innovative Strategy for Keeping Your Brain Young**, by Gary Small (Hyperion, 2003).

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### *Also Recommended*

**The Mature Mind: The Positive Power of the Aging Brain**, by Gene Cohen (Basic Books, 2006).

**The Brain That Changes Itself**, by Norman Doidge (Penguin, 2007).

**Spark: The Revolutionary New Science of Exercise and the Brain**, by John Ratey and Eric Hagerman (Little, Brown and Co., 2008).

**Think Smart: A Neuroscientist's Prescription for Improving Your Brain's Performance**, by Richard Restak (Riverhead, 2010).

## **Peter J. Whitehouse**

**Peter J. Whitehouse, MD, PhD is Professor of Neurology as well as former Professor of Cognitive Science, Psychiatry, Neuroscience, Psychology, Nursing, Organizational Behavior, Bioethics and History at Case Western Reserve University.**

**In 1999, he founded with his wife, Catherine, The Intergenerational School, a unique public multiage, community school. He has been active in SAGES (Seminar Approach to General Education and Scholarship) and CSP (College Scholars Program). He developed courses for undergraduates focusing on the theme of wisdom. He helped develop the new medical school curriculum and teaches in various programs including Foundations of Clinical Medicine.**

Biography taken from: <http://www.case.edu/artsci/cogs/whitehouse.html>