AARP’s Best Books Series

Brain Fitness


Also Recommended


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


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

Compiled by:
Office of Academic Affairs, AARP
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](http://www.case.edu/artsci/cogs/whitehouse.html)