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Sommario/riassunto	<p>In this fast-moving, fast-changing world, it is important that we remain vital, relevant and useful. Growing old gracefully, where physically and mentally we quietly fade into obscurity, is no longer an option and the expectation that we will stay younger for longer has never been greater. A "Young" brain is the antidote to aging and this book shows you exactly you how you can get one. Through six easy-to-follow and life-changing steps, you'll find out that aging is all in the mind and discover how, by developing a younger brain, you can live a more fulfilled, rewarding, successful and happy life. The book contains an enlightening Brain Age Calculator which will examine your thinking and reveal the true age of your brain, then the authors will take you step-by-step through the principles behind their Six Wisdoms of Youth and coach you in systematically training your brain to think and feel young.</p>