

1. Record Nr.	UNINA9910557554103321
Autore	Greenwood Pamela M
Titolo	Cognitive and Brain Aging: Interventions to Promote Well-Being in Old Age. Roadmap for Interventions Preventing Cognitive Aging
Pubbl/distr/stampa	Frontiers Media SA, 2020
Descrizione fisica	1 online resource (326 p.)
Soggetti	Neurosciences Science: general issues
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	<p>The field of cognitive aging has evolved from a focus on cataloging age-related declines of brain and mind in healthy older people to a focus on interventions aimed at limiting those declines. Intervention research has obtained convincing evidence of the cognitive benefits of aerobic exercise and working memory training. Recently interest has broadened to include interventions that consider the social and physical environment of the aged individual. Examples of this are investigations of training cognitive-motor integration, interventions to reduce loneliness, mindfulness training, and human factors-based approaches to cognitive deficits. Such approaches move beyond targeting specific abilities in isolation to consider more broadly the overall well-being of the healthy older person. In this Research Topic we call for both empirical and review papers that consider interventions aimed at reducing cognitive and brain aging but also approaches that consider older individuals (animal and human) in their physical and social environment.</p>

2. Record Nr.	UNINA9910349438103321
Autore	Reckhaus Hans-Dietrich
Titolo	Why Every Fly Counts : Value and Endangerment of Insects / / by Hans-Dietrich Reckhaus
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2019
ISBN	3-030-31229-1
Edizione	[2nd ed. 2019.]
Descrizione fisica	1 online resource (XV, 146 p. 44 illus., 43 illus. in color.)
Collana	Fascinating Life Sciences, , 2509-6745
Disciplina	570
Soggetti	Life sciences Entomology Ecology Technology Popular Life Sciences Applied Science, multidisciplinary Insects Entomologia Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	1. Insects as Beneficials -- 2 Insects as Pests -- 3 Insects Today and in the Future -- 4 Conclusion: Hated, Threatened and Worth Protecting. .
Sommario/riassunto	Threatening pests or threatened beneficials? Biting midges are wonderful insects. The animals are so tiny and uniquely shaped that they are particularly good at pollinating the small and tight flowers of the cocoa tree. Without them, there would be much less chocolate. We associate other insects more with the damage that they cause. Mosquitoes and wasps bite us. Moth larvae damage textiles and contaminate foods. Ants undermine our paths and flies are just a pain. But what exactly is our relationship with insects? Are they more beneficial or harmful? What role do they play in the world? What are the effects of climate change: Will the number of insects continue to increase? This book discusses the beneficial and harmful effects of insects and explains their development and significance for

biodiversity. This second, fully reviewed and enlarged, edition provides new insights, especially about the value of specific insect species that are generally seen as pests (e.g. ants and moths), as well as an extended chapter on the development of insects and especially their decline in different regions in the world, the industrialized countries in particular. Numerous info graphics show connections between changes in the environment due to human expansion and the number of insects and species. Studies from the US, Canada, Asia, Africa, Europe and Switzerland are used to point out the dramatic reduction of biodiversity. New tables illustrate these developments. The glossary as well as the insects index is extended, the text, tables, pictures and graphs provide even more well-rounded image. Readers will find the argumentation even more clearly and detailed.
