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Autore	Tippett William J. <1974->
Titolo	Building an ageless mind [[electronic resource]] : preventing and fighting brain aging and disease / / William J. Tippett
Pubbl/distr/stampa	Lanham, : Rowman & Littlefield Publishers, Inc., 2013
ISBN	1-4422-2049-X
Descrizione fisica	1 online resource (256 p.)
Disciplina	616.805
Soggetti	Brain - Diseases - Prevention Brain - Aging - Prevention Memory disorders - Prevention
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	section 1. Cognitive stimulation -- section 2. Aging and disease -- section 3. Healthy living as we age -- section 4. The futuristic brain.
Sommario/riassunto	As our population ages and fears about dementia, Alzheimer's, and related brain problems continue to grow, this book will help shed light on how the brain functions, what we can do to prevent the most severe symptoms of aging, and steps we can take to ward off disease.