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Autore	Galiani, Ferdinando
Titolo	Socrate immaginario : opera buffa napoletana / Ferdinando Galiani ; posta in versi da G.B. Lorenzi per la musica di G. Paisiello ; a cura di Massimo Rago
Pubbl/distr/stampa	XVI, 109 p. ; 19 cm
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2. Record Nr.	UNINA9910789404403321
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Nota di bibliografia

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Nota di contenuto

Front Cover; The Aging Intellect; Copyright Page; Contents; Acknowledgments; Introduction; 1. Maximizing Intellectual Powers in the Third Age of Life; 2. How Health Affects the Intellect; 3. How the Mind Ages; 4. Healthy Lifestyle Habits Benefiting the Aging Body and Mind; 5. Direct Actions That Benefit the Intellect; 6. Optimal Cognitive Aging; 7. Normal Cognitive Aging; 8. High-Risk Cognitive Aging; 9. Writing and Learning About the Aging Intellect; Glossary of Frequently Used Terms; Notes; Index

Sommario/riassunto

"The Aging Intellect is written for the large number of professionals, including social workers, nurses, retirement home administrators, doctors, psychologists, pastors and others, who oversee the well being of elderly women and men. It provides elder care workers with an array of suggestions (beyond exercising and eating right) that can improve, maintain or maximize the quality of their client's mental abilities for as long as possible. The Aging Intellect serves its purpose by addressing four major issues associated with age-related cognitive decline, each of which has a solid research footing and is within the reach of most seniors"--