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Descrizione fisica	1 online resource (ix, 259 pages) : illustrations (some colour)
Collana	Cognitive science and psychology
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Soggetti	Brain - Diseases - Prevention - Nutritional aspects Brain - Aging - Prevention
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Nota di bibliografia	Includes bibliographical references and index.
Sommario/riassunto	This book explores the relationship between nutrition and cognitive health in the aging brain. Written by Richard A. Dienstbier, Professor Emeritus of Psychology, it examines how dietary choices and specific nutrients impact brain function, emotional well-being, and resilience against cognitive decline. The author discusses the concept of 'healthspan' versus 'lifespan,' emphasizing mental preservation and cognitive longevity. Drawing on recent scientific research, the book evaluates dietary approaches like the Mediterranean diet, the role of vitamins, minerals, and supplements, and their effects on brain health and mood. It also tackles inconsistencies in nutrition studies and provides evidence-based insights into smart dietary choices that may delay dementia and enhance mental clarity. Intended for an audience interested in psychology, aging, and health, the book balances scientific rigor with practical dietary advice.