



# Successful Cognitive and Emotional Aging

*Colin A. Depp, Dilip V. Jeste*

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The next two decades will see a profound demographic transformation toward an aging population on a scale never seen before in the entire human history. There have been recent scientific findings on healthy brain aging that have challenged the centuries-old thinking, paving the way for new strategies to maintain and enhance cognitive abilities, functioning, and well-being in older age. From topics as diverse as genes and molecular building blocks to physical exercise, nutrition, wisdom, and spirituality, the editors of *Successful Cognitive and Emotional Aging* have gathered the foremost experts in aging research in a monograph designed to provide the state of the science of healthy brain aging in practical terms. This book should prove invaluable to clinicians, scientists, students, and for anyone with a desire to learn more about how to increase the odds of successful cognitive and emotional aging.

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