



The Secret Life of the Grown-up Brain: The Surprising Talents of the Middle-Aged Mind

Barbara Strauch

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A leading science writer examines how our brains improve in middle age.

Pulitzer Prize-winning science writer Barbara Strauch explores the latest findings that demonstrate how the middle-aged brain is more flexible and capable than previously thought. In fact, new research from neuroscientists and psychologists suggests that the brain reorganizes, improves in important functions, and even helps us adopt a more optimistic outlook in middle age. We recognize patterns faster, make better judgments, and find unique solutions to problems. Part scientific survey, part how-to guide, *The Secret Life of the Grown-up Brain* is a fascinating glimpse at our surprisingly talented middle-aged minds.

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