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If you are in your fifties and feel that you know far more about what you are doing now, than you did twenty or even ten years ago, science bears you out. According to The Secret Life of the Grown-up Brain, we get smarter meaning that our judgment improves, our ability to see the big picture improves, our ability to read people improves. We become better managers, better parents, better leaders--even better air traffic controllers! We are more emotionally stable and often more creative.

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The Secret Life of the Grown-up Brain April 24, 2017. Barbara Strauch, the Health and Science Editor for the New York Times, was a guest on NPR's radio program Fresh Air with Terry Gross last week to discuss the topic of the aging brain and promote her new book The Secret Life of the Grown-up Brain: The Surprising Talents of the Middle-Aged

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The Secret Life of the Grown Up Brain

After researching the science on the adolescent brain, I knew that our brains continue to change and improve up to age twenty-five. Many scientists left it at that, believing that while our brains underwent large-scale renovations through our teens, that was about it. I, too, thought that as the brain entered middle age, it was solidified and staid, at best and, more likely, if it was changing in any big way, was headed downhill.

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Book The Secret Life of the Grown Up Brain

Many people are probably aware that the world's demographic is shifting toward old age due to declining birth rate and longer life span. Traditionally, we see middle age as a transition period.

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A leading science writer examines how the brain's capacity reaches its peak in middle age. For many years,

scientists thought that the human brain simply decayed over time and its dying cells led to memory slips, fuzzy logic, negative thinking, and even depression.

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