

# THE CREATIVE AGE



AWAKENING HUMAN POTENTIAL  
IN THE SECOND HALF OF LIFE

DISCOVER THE EXCITING PROSPECTS OF LIFE AT ANY AGE!

*"Fascinating. . . . Must-reading for anyone who wants to plan wisely  
for 'the rest of life.'"* —HORACE B. DERTS, Executive Director, AARP

GENE D. COHEN, M.D., PH.D.

*Gene D Cohen MD PhD.*

## **The Creative Age: Awakening Human Potential in the Second Half of Life**



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In a single generation, the view of life after fifty has changed dramatically. Many sleep and mood disorders can be removed by stimulating the brain; He shows how the unique mix of age, experience, and creativity can produce exciting internal growth and infinite prospect of everyone. Cohen takes us into the previously uncharted territory of human being potential in the "second half" of existence. In this interesting, life-affirming reserve, Dr. Interweaving history, scientific study, inspiring true-life tales, and his own refreshing insights, Dr. Gene Cohen debunks harmful myths about maturing and illuminates the biological and emotional foundations of creativity. Discover the owners of the Creative Age: We are able to actually increase the number of essential connections among brain cells including those for storage and response. Today's society is formed by unprecedented growth in the amount of people living in their "golden years", shifting patterns of function and home lifestyle, and advances in healthcare offering the promise of much longer, more vigorous lives. sleep problems aren't an inevitable component of maturing or decline in mind function Vocabulary expands well in to the eighties among people who continue to problem themselves intellectually through reading, writing, and word games -- having difficulty finding the right word is not inevitable Taking advantage of our imagination, and having a positive outlook and sense of well-being, boosts our immune systems.



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A must-read for anyone who thinks those over the age of 50 are too "outdated" to try something fresh! I also like the attitude of the writer, and I thank him for composing this publication and his earlier book.!, Focus on Aging is a terrific resource in uncovering the creative potential of everyone over the tender age group of 50. The author's own experiences in dealing with and interviewing older people adds a sincere insight into the innovative workings and capabilities of this group. New meaning to aging An exceptional and inspiring reserve. Interesting sidebar references highlight many known individuals throughout history who used their creativity well at night age of 50.A must go through for anybody who thinks they are too "aged" to try something new. Detailed and extremely relevant. It is a must examine for anybody who mistakenly believes imagination belongs to the chronologically young. That is an easy read with hidden pearls of wisdom. Five Stars excellent The Creative Age Well written and strong support of positive aging. Also, it had been an extremely positive and uplifting reserve to realize that even though you get a little older, you still can be quite creative! I've recommended it to numerous of my friends. This wonderful book by the founder of the Washington,D... Informative. Creative Aging This is an important statement by a pioneer in the field. Well crafted and , well argued. I liked the publication and decided to buy it on Amazonewe're lucky to have got authors like him.! A compendium of valuable details that every gracefully-aging individuals like myself should have since it makes aging even more understandable and graceful. Fantastic and relevant to understanding the good life Dr Cohen underscores the human being necessity for creativeness throughout life. Vital information provided in an informal and comfortable style It was fascinating therefore full of necessary information. Opens minds to greater understanding of need for creativity as we age group. He intersperses clinical tests with concrete examples of those who use and keep maintaining their creativity to their 80s, 90s and beyond. Good creative ideas!C. A fantastic, don't-live-without-it book. I checked out this reserve at the library, looking for suggestions to write my very own -auto biography. I found it very helpful.



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