

ENHANCING COGNITIVE FITNESS IN ADULTS%0A

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Cognitive fitness is the reflection of our practice.

Improving attention, avoiding the unstructured pattern of thinking, learning, and asking questions to oneself are some of the keys for cognitive development in adults.

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A cogent survey of a growing field, *Enhancing Cognitive Fitness in Adults* is a timely resource for professionals working toward this crucial goal, including clinical, health, and neuropsychologists, primary care physicians (e.g., geriatricians, internists, family physicians), and clinical social workers.

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Enhancing Cognitive Fitness in Adults takes a wellness-support rather than a disease-based approach to its subject, presenting a wide range of promising interventions among the diversity that is currently being offered, from intergenerational volunteer programs, writing workshops, and multimedia strategies to meditation, biofeedback, nutrition, and exercise. Introductory chapters discuss the **Enhancing Cognitive Fitness in Adults : A Guide to the Use ...**

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Although a substantial