



# The Wisdom Paradox: How Your Mind Can Grow Stronger As Your Brain Grows Older

*Elkhonon Goldberg*

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**The Wisdom Paradox** explores the aging of the mind from a unique, positive perspective. In an era of increasing fears about mental deterioration, world-renowned neuropsychologist Elkhonon Goldberg provides startling new evidence that though the brain diminishes in some tasks as it ages, it gains in many ways. Most notably, it increases in what he terms “wisdom”: the ability to draw upon knowledge and experience gained over a lifetime to make quick and effective decisions. Goldberg delves into the machinery of the mind, separating memory into two distinct types: singular (knowledge of a particular incident or fact) and generic (recognition of broader patterns). As the brain ages, the ability to use singular memory declines, but generic memory is unaffected—and its importance grows. As an individual accumulates generic memory, the brain can increasingly rely upon these stored patterns to solve problems effortlessly and instantaneously. Goldberg investigates the neurobiology of wisdom, and draws on historical examples of artists and leaders whose greatest achievements were realized late in life.

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Typically the book The Wisdom Paradox: How Your Mind Can Grow Stronger As Your Brain Grows Older has a lot details on it. So when you read this book you can get a lot of help. The book was authored by the very famous author. This articles author makes some research ahead of write this book. That book very easy to read you can get the point easily after reading this book.

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