



The Aging Brain: Proven Steps to Prevent Dementia and Sharpen Your Mind

Timothy R. Jennings

[Download now](#)

[Read Online](#) 

The Aging Brain: Proven Steps to Prevent Dementia and Sharpen Your Mind

Timothy R. Jennings

The Aging Brain: Proven Steps to Prevent Dementia and Sharpen Your Mind Timothy R. Jennings
While growing older is inevitable, many of the troubles we associate with aging--including dementia, disability, and an increased dependence on others--are not. The choices we make now can help us to maintain our vitality, a sharp mind, and our independence as we age.

Filled with simple, everyday actions we can take to avoid disease, promote vitality, and prevent dementia and late onset Alzheimer's, *The Aging Brain* is an easy-to-use guide to maintaining brain and body health throughout our lives. Based on solid, up-to-date scientific research, the interventions explained in this book not only prevent progression toward dementia even in those who have already shown mild cognitive impairment, they also reduce disability and depression and keep people living independently longer than those who do not practice these methods.

For anyone hoping to slow the aging process, as well as anyone who acts as a caregiver to someone at risk of or already beginning to suffer from dementia and other age-related diseases, this book offers a hopeful, healthy way forward.

The Aging Brain: Proven Steps to Prevent Dementia and Sharpen Your Mind Details

Date : Published June 19th 2018 by Baker Books

ISBN :

Author : Timothy R. Jennings

Format : Kindle Edition 290 pages

Genre : Nonfiction, Health

 [Download The Aging Brain: Proven Steps to Prevent Dementia and S ...pdf](#)

 [Read Online The Aging Brain: Proven Steps to Prevent Dementia and ...pdf](#)

Download and Read Free Online The Aging Brain: Proven Steps to Prevent Dementia and Sharpen Your Mind Timothy R. Jennings

From Reader Review The Aging Brain: Proven Steps to Prevent Dementia and Sharpen Your Mind for online ebook

Syncopated Mama says

Proven steps to prevent dementia and sharpen your mind!

My husband has a family history of Alzheimer's, so I was drawn to this book for him. I didn't expect to enjoy the book so much myself, though.

Written by a physician, this book combines biblical principles with modern brain science to not only help prevent the onset of Alzheimer's and dementia, but maintain and improve brain and body health for all of our lives.

The pages are filled with plenty of common wisdom about healthy living, but I appreciated how thorough the author was in explaining the reasons behind these suggestions. He backs up his assertions with plenty of scientific proof -- all written in easy-to-understand language.

Areas of life Dr. Jennings addresses include genes, weight, diet, exercise, sleep, the benefits of a sabbatical, among others.

He also gives an overview of risk factors for dementia, vitamins and supplements that can prevent it, and ways to cope if you're already caring for a loved one suffering from dementia or Alzheimer's Disease.

Its 282 pages deliver a great deal of helpful information, but it's a quick read and one I feel would benefit everyone (we are all aging, after all!)

Even though this book is written from a Christian perspective, it does so in a natural way that that doesn't exclude readers outside the faith. Pick up a copy for yourself here and start living a more hopeful, healthy way forward!

I received a free copy of this product from Baker Books Bloggers in exchange for writing a review. All opinions are my own.

Monica says

With so many older people getting some form of dementia, many of us are concerned about brain health as we age. The Aging Brain by Timothy R. Jennings, MD offers a lot of good information on taking care of our bodies and, ultimately, our brains as we age to give ourselves the best chance at a life without a memory loss disease.

Dr. Jennings starts out The Aging Brain by sharing how dementia is personal to his family as he has watched his mother-in-law deal with Alzheimer's disease over the past few years and has seen his wife's concern that she may also face that challenge. Dr. Jennings then shows readers ways that the disease can begin, then progress and many ways to fight off the disease. The Aging Brain is divided into four sections: History and

Aging, Oxidative Stress and Aging, Lifestyle and Aging and Pathological Aging. Each section contains several chapters of solid scientific advice and information that Dr Jennings has collected. I especially like that each chapter concludes with the key points to remember and most chapters also contain a list of action steps you can take to help ward off brain-related diseases.

Dr. Jennings does come at dementia from a more scientific angle in several of the chapters of *The Aging Brain* as a psychiatrist and master psycho-pharmacologist and his writing reflects that. He also makes every effort to translate the material into something that everyday people can understand. I think this book is especially readable for those who truly want to make a difference in their brain health and like to read health-related books. I like that he looks at life from all angles in *The Aging Brain*. He shares information on slowing the aging process through exercise, socializing, spiritual health, dietary factors, medical factors, which supplements may be especially helpful, and much more. I knew some of the information having read several books on brain health, but I also learned some new things in this book. It is a well-researched book that contains a lot of good basic information for someone wanting to stay brain healthy. I highly recommend it to anyone with concerns and to those with a family history of dementia like I have as we watched my grandfather suffer with dementia.

I received this book from the publisher. I was not required to write a positive review.

Joan says

We're living longer but will we live into our later years in good mental health? Many of us are familiar with the heartbreak of dementia. Is there any way we can reduce our chances of getting dementia?

Yes. We are all getting older but that does not mean we have to suffer with dementia. "Dementia is not normal. Normal aging does not result in dementia. Dementia ... is a disease state that may, with healthy choices, be avoided." (177)

Dr. Jennings has written this book "to lead people to healthier lives, which slow the aging process and reduce the risk of dementia." (45) It includes the latest scientific findings that Jennings summarizes into usable information we can put into practice. Some of the information is a bit technical but Jennings includes bullet points at the end of each chapter for easy review. He also provides bullet points of the actions we can take based on the material in the chapter. There is also a chapter near the end that is a review of all the major information.

There is a ton of useful information in this book that every baby boomer should know. Some things we can't change, like the effects from our childhood experiences and our DNA. But there is so much we can do to be healthy and go into old age with a better mental condition. Exercise is essential. Avoiding certain foods, like fast foods and blackened meats, while embracing the benefits of others, like fruits, vegetables, coffee and green tea.

I love reading and was glad when Jennings wrote, "...the healthiest mindset is one that loves to grow and advance in truth ... rather than maintaining a mindset that believes it already possesses the truth and therefore resists any new insights." (141)

I don't watch television and now I know why. "The brain cannot tell the difference between a real threat and a perceived threat." (189) Watching stressful television programs (not educational ones) alters the brain structure and increases the risk for attention problems as well as dementia. (189)

I am very impressed with this book and highly recommend it. It has helped me understand why late-onset Alzheimer's disease is on the rise. It has also helped me understand what I can do to avoid it. Many suggestions I have already put into practice. Jennings notes that all the suggestions will not be applicable to everyone. The information provided will allow each reader to choose which to do and form their own action plan.

I received a complimentary copy of this book from the publisher. My comments are an independent and honest review.

Karl Dumas says

I've seen firsthand the effects of dementia—on the one who has it, and those who love that person. And, as is often the case, a person seems to be at increased risk if a parent is affected by the disease. That would be my case, so when I saw an opportunity to learn more about the disease, and more importantly to learn about some ways to slow down the onset, or even prevent it, I jumped at the chance.

Dr. Timothy R. Jennings has obviously done his research, and that research has resulted in his latest book, *The Aging Brain: Proven Steps to Prevent Dementia and Sharpen Your Mind* (Baker Books, 2018). There is an encyclopedia worth of knowledge packed into less than 250 pages.

Jennings sorts the information into 4 distinct sections—different aspects of aging. These four sections include some background information about aging, stress and aging, life style and aging, and then information about the pathology of aging. This final section provides information about Alzheimer's disease, vitamins and supplements that are (or aren't) helpful in preventing dementia, how to identify risk factors and reduce the risk, and even a section that caregivers will find helpful.

A lot of the material presented is overly scientific for my taste, but at least most of it was presented in a way that was at least semi-understandable for my non-scientific brain. Much of it is common sense: smoking, alcohol, and drugs are bad for you, or an appropriate amount of exercise is good for you. But where this book is different from others, is that we also learn how each of those items factors in to how well or poorly we age. Smoking does more than cause pulmonary disease or cancer. Smoking impacts the brain in ways that can lead to an increased risk for dementia. Jennings also addresses the need for sleep, the benefits of water, how too much exercise negates the effects of an appropriate level of exercise, and my favorite: caffeinated coffee is actually good for you- it slows down some of the factors which in turn lead to deterioration of brain function.

There were a couple of questions that I had after reading the book. Dr. Jennings points out the rate of incidence for dementia worldwide, and then suggests that in the US, the rate is much higher. I wish there had been more information about why that difference was so great. In several parts of the book he talks about the benefits of regular exercise, but in another spot he suggests that too much exercise can be a factor in causing dementia. Again I would have liked a little more explanation, or at least been offered a way to determine what is "too much".

Although there is a lot of good information in this book, it's not always presented in a way that my non-scientific and non-medical brain can easily process, so I'm rating the book 4.5/5

In the interest of full disclosure, I received a copy of the book from the publisher for being part of the launch team.

Dottie Parish says

The Aging Brain by Timothy Jennings is full of information to enable us to slow or even prevent dementia and to age healthily. Some of the information is technical though also helpful. There is also good information that is clear and easy to understand. Each chapter ends with a summary of Learning Points and also an Action Plan of things to do to get healthier and to stay healthy. Of course we need to eat right which includes avoiding sugar, and we need to exercise our mind and our body and get seven or eight hours of sleep to keep our brains healthy. Jennings shows how our beliefs affect the health of our minds and that not all beliefs are healthy. In the chapter on Mental Stress and Aging he covers issues of worry, guilt and conflict. In the chapter on Love and Death he suggests we need to come to terms with our own mortality and he describes how each religion views death differently. He asks “Does any evidence exist to support a belief in an after life?” pg 168 Jennings gives an amazing illustration: Christian teaching says we have three parts – body, soul and spirit. He compares this with computer science which has three parts – hardware, software and a power source. This illustration/information is worth the price of the book. There is excellent information here on most any health topic related to the aging of the mind. Dr. Jennings is a psychiatrist and psychopharmacologist.

Lea says

I must honestly admit that this is not the kind of book that I usually read, but I must also state that it was fascinating. The data was a little off-putting since there was so much of it, but the point of the book was made with that data. The whole premise of the book is that the choices that you make now will help prevent dementia later in your life. My favorite part of the book was the summary at the end of each chapter followed by suggested steps that you can take to improve your brain function today and in the future. As a stroke survivor, I was very excited to read this book and find out ways that I can train my brain to function to its highest capacity. I discovered a lot of truth in this book that was helpful as well as revealing about changes in diet and lifestyle that will help me to live longer. After all, one dies when the brain dies, so it is to your advantage to keep your brain healthy and active. One of the things that I found out (I suppose I knew it, but I had never really thought about it that way) is that the entire body and all of its systems exist to keep the brain functioning. The book answers a lot of questions about ways to sharpen your mind, so it was a satisfying read that taught me a great deal.

Disclaimer

Disclosure of Material Connection: I received a complimentary copy of this book from the publisher. I was not required to write a positive review. The opinions I have expressed are my own. I am disclosing this in accordance with the Federal Trade Commission’s 16 CFR, Part 255 “Guides Concerning the Use of Endorsements and Testimonials in Advertising”

Sam Nelson says

I did receive this book at no charge from the publisher for my unbiased, honest opinion.

Dr. Jennings addresses Dementia and Alzheimer's disease that are plaguing our elderly in ever increasing rates. He discusses how we might live longer and more healthily if we address our lifestyles and choices. He explains how stress and poor diet, among other things, exacerbate the issues old age presents and how these same habits, stress and diet and others, lead to a higher chance of developing dementia or Alzheimer's disease, especially for those when a predisposition for either ailment. He further explains steps you can do to help prevent dementia and Alzheimer's disease from developing.

I felt that although he is only reiterating many of the same things uttered by many in the medical community, he further backed up his standpoint with well laid reasons and breaks down everything so that it is easy to understand. I, too, have a history of Alzheimer's disease in my family, and I felt reading this book was extremely beneficial not only in things I can implement to help myself stave off additional factors contributing on my likelihood to develop the dreaded disease, but also in steps I can do to help my own family currently experiencing dementia to help lessen the progression and hopefully alleviate some of their symptoms. I highly recommend this book to anyone, but especially to those who have a predisposition to developing dementia or Alzheimer's.

C.E. Hart says

This book is neatly organized in four parts – History and Aging, Oxidative Stress and Aging, Lifestyle and Aging, and Pathological Aging. Each section contains learning points and action plans that are easy to digest and implement.

I've always been interested in word games such as crosswords and such, to help keep my mind active, but this ploy barely tips the scale. There are so many things that we can do to prevent the effects of aging and to strengthen and sharpen my mind.

It is obvious that a lot of medical/scientific research went into this book, but one aspect that makes this book extra special is the spiritual outlook. It makes the advice and research even more authentic and inspiring, and adds a unique and solid flavor.

Although I haven't read the book in its entirety (yet) I'm already benefiting from the wealth of information I've gathered so far. The common sense plans and easy to understand wordage makes for an educational and uplifting read. Thank you to Baker Books for my advanced copy of this book.

David McClendon, Sr says

Watch on YouTube

You would think a book written by a brain doctor that taught much about brain science would be terribly complex and hard to understand. You might also think it would be boring. Nothing could be further from the truth.

In the book *The Aging Brain: Proven Steps to Prevent Dementia and Sharpen Your Mind* by Timothy R. Jennings MD, we find an easy to understand book that explains in great detail what we can do to avoid brain problems in our young ones and also in us as we age.

Most often when you read a book that deals in health issues, you find that the author either takes the side of science only or of a natural cure and Christian stance. Jennings explains why and how both are right and gives scripture references to back himself up.

If you want to know what foods to avoid to protect your brain, it is in there. If you want to know what to eat, it is in there, too.

If your church has small group Bible study classes, it would do well to create a course around this book.

The Aging Brain is very well-written, easy to understand, and very educational. We give it all five stars and know that, once you read your copy, you will want rate it that high as well.

We were sent a complimentary copy of this book. We are under no obligation to write any review, positive or negative.

We are disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.

David Steele says

The Aging Brain by Timothy R. Jennings, MD addresses the growing problem of dementia and Alzheimers disease. At the heart of this book is the idea that these pathological states may in some cases be avoided with a healthy lifestyle and choices. The book is arranged in four parts:

Part 1: History and Aging

The author is realistic in his assessment of aging. He understands that aging is a normal part of life and is a result of the Fall. But the effects of aging can be curtailed through a series of lifestyle changes. "The purpose of this book," writes Dr. Jennings, "is to lead people to healthier lives, which slow the aging process and reduce the risk of dementia."

One of the central takeaways of Part 1 is that a healthy brain requires a healthy body. So the author recommends a series of lifestyle changes including proper nutrition and regular exercise as a means of preventative care.

Part 2: Oxidative Stress and Aging

In my mind, Part 2 is the most helpful and most interesting section of The Aging Brain. Dr. Jennings discusses the three factors that lead to oxidative stress (inflammation) and aging which include obesity, sugar, and toxins (tobacco, illegal substances, and alcohol abuse). The author includes several actions steps that lead readers in a direction of health, which in the final analysis result in a healthier brain and longevity.

Part 3: Lifestyle and Aging

Part 3 includes several practical steps that lead to brain health including exercise, sleep, regular rest

(sabbaticals), a healthy worldview, and stress management.

Part 4: Pathological Aging

Part 4 focuses on Alzheimer's disease, more practical steps to help prevent dementia, and a short section that describes how to care for a loved one with dementia.

Critique

The Aging Brain is a helpful resource for anyone who seeks help in understanding the various pathological states, such as dementia. The medical and scientific discussion is readable and accessible to anyone who is willing to put in the time for study.

One of the most attractive features of The Aging Brain is the learning points that the author concludes at the close of each chapter. Also included is an action plan. Here, the author suggests practical steps for moving in a healthy direction that promotes brain health.

While much of the book is helpful, The Aging Brain does not come without weaknesses. First, the author refers in some places to God as the "higher power." I understand his desire to reach a broad base of readers who may not be followers of Christ. However, reference to God as a "higher power" is not only unhelpful; it proves harmful as readers may be subtly encouraged to turn to a false god.

Second, the author discourages readers from believing in a deity who is a "punishing god." It is unclear whether he means the "punishing god" of Islam or the God of the Bible who is a God of wrath and promises to punish every unrepentant person, in the final analysis (John 3:36; 1 Thes. 1:9-10).

Third, the promotion of self-forgiveness is included which proves unhelpful and ultimately, idolatrous.

Summary

These theological disagreements are significant but should not prevent readers from benefiting from the medical wisdom that explodes from this book. Throwing out the baby with the bathwater would be a mistake. Instead, I urge readers to carefully digest the material in The Aging Brain which will involve biblical discernment and discretion.

I received this book free from the publisher. I was not required to write a positive review.

Michelle says

The Aging Brain is a Health & Wellness book by author Timothy R. Jennings, MD. I chose to review this book because my mom had dementia and I wanted tips to avoid it. The author is quick to remind the reader to seek a qualified medical professional before initiating these interventions, especially if the reader already has a medical condition.

I appreciate the fact that this material is not only written by a doctor who has witnessed aging in his patients but has also witnessed it first hand in his mother-in-law.

I found it interesting to learn that the top five causes of death are because of humanity living longer: cardiovascular disease, cancer, stroke, chronic lung disease, and Alzheimer's disease (pg# 17).

I learned that failing to care for your teeth increases the risk of developing dementia. So in order to reduce the risk of dementia one must have good oral hygiene. I also learned that because the brain remains changeable throughout our entire life we can make right choices today that will protect our brains, slowing the aging process (Pg# 28)

At the end of each chapter, there are Learning Points which are lists that help the reader summarize what was read in that chapter. Some chapters have Action Plans of things to do so you will age gracefully.

Even though I did learn about the aging process some parts were rather dry to me because I couldn't understand all of it. Parts of this book are better understood by someone with some science background. Also, I think, I better understood some parts because my husband works in the medical field and I am familiar with certain terms.

This book did not meet my expectations in that I expected it to be simple enough for any layperson to understand. I would not suggest this book to someone without some medical knowledge. That being said, the reason the author wrote this book, according to page #244, is to inspire the reader to live longer but also to live well and to incorporate into their life various evidenced-based practices, which not only promote health but actually slow decline, preserve function, and prevent dementia. I can say the author met my expectations with this because I will be implementing some life changes after reading this book.

Disclaimer: I received this book complimentary Baker Publishers and was under no obligation to post a positive review. The opinions expressed are my own.

Patti Whitson Stephenson says

This is quite an interesting book on the the subject of aging and your brain. It is packed with scientific research. Dr. Jennings has taken this research and made it both readable and understandable. I especially liked that at the end of each chapter there's a "Learning Points" summation of that chapter, as well as an "Action Plan: Things to Do" section of practical, attainable steps that can be implemented in our everyday lives. There's a section on stress management that was very helpful. He also addresses the spiritual aspect of our lives and how that contributes to good brain health. Dr. Jennings' purpose for writing this book was that we might "...not only live longer but also to live more vibrantly with each passing year". (Quote from page 19)

I'm glad to have this one on my shelf as a good resource as I age. I'm already putting into practice things I learned from this book.

I received a copy of this book from the publisher. All opinions are my own.

Joe Mayo says

The Aging Brain

by Timothy R. Jennings M.D.

“While we cannot affect the passage of time, we can affect our passage through time...” (61)

Dr. Jennings has produced a great work to encourage his readers to consider the daily choices they make. While the focus of *The Aging Brain* is preventing dementia, the information compiled and shared by Dr. Jennings is useful for so much more than mental health.

Dr. Jennings wrote, “It is impossible to keep our brains healthy without keeping our bodies healthy.” (23) Then he proceeds to give scientific findings and useable information to help the reader consider daily habits.

Obviously we each have things in our lives that cannot be changed like our DNA and our childhood experiences; but there are many things we have control over and have the ability to change. For example, “Exercise is a requirement for life.” (104)

Throughout the book there is information that is technical and scientific. Dr. Jennings graciously included learning points at the end of each chapter to help the reader reflect on the information.

I was a bit skeptical when I began reading *The Aging Brain* but I was quickly curious as Dr. Jennings began explaining his point of view concerning reducing dementia.

Dr. Jennings work has helped me better understand the things that are in my control regarding aging and mental health. I really enjoyed my journey through *The Aging Brain*. It was a knowledgeable and fun read.

For more information about the book, to read a sample chapter or to watch informative videos visit <https://www.agingbrain.com>.

I received a complimentary copy of this book from the publisher. My comments are an independent and honest review.

Richard Klueg says

This book is a mixed bag. I do not possess the expertise to evaluate the claims made on a scientific basis. The author certainly cites a lot of studies and experiments, but even there I have become suspicious through the years since I have seen so many "scientific conclusions" contradicted and overturned. I am especially a bit leery of dietary prescriptions. For years I have said, "When they started saying milk was bad for you, I stopped listening." So I take a lot of these claims with a grain of salt (which, ironically and to my point, they now say is *good* for you!) Everything and anything in moderation seems the safest rule. With that caveat, let me say that I found the explanations of the condition and the advice given generally helpful and encouraging.

Where I take strong exception, however, is in the area where I do have experience and training, and that is in theology. I do not object that the author emphasizes the importance of spirituality and religion in this subject. On the contrary, I would see this as the most important of all. The more specific he became in this area, however, the more concerned I became. My suspicions were confirmed when he made a point of denying the substitutionary atonement of Christ. This is no small issue for Christian believers, purchasing a book by a

Christian publisher that is advertised in Christian magazines. I gradually came to the conclusion that the author is part of the Seventh Day Adventist cult, and I was able to confirm this with a brief Internet search. I can not help but suspect that some of the dietary recommendations are affected by this as well, since legalistic dietary restrictions are a historic part of that movement. So be aware.

To end on a positive note, I really appreciated the advice given in the final chapter, "Caring for a Loved One with Dementia."

Mary Lou says

Timothy Jennings' new book *The Aging Brain* is an invaluable resource for all those dealing with issues of dementia and Alzheimer's. His subtitle is "Proven Steps to Prevent Dementia and Sharpen Your Mind". So the book offers preventative strategies as well as deeper understanding of the behavioral patterns of Alzheimer's and dementia. The book has four parts: history and aging (the impact from our ancestors and our genes), oxidative stress and aging (obesity, sugar, tobacco, alcohol, and illegal substances), lifestyle and aging (exercise, sleep, rest, stress, healthy worldview, and death), and pathological aging (various issues related to Alzheimer's). Interestingly in support of his material in Part 2, a new study was released that directly links high blood pressure to dementia (Alice Park, New Hope, Time Magazine, 8/20/18, pp. 40-46). Jennings is both a certified master psychopharmacologist and a psychiatrist. That means here are parts of the book which read like advanced pharmacology and that's helpful. But for people without that medical background, the book is still eminently worthwhile because of its practical understanding of the brain. He recognizes that many people are rightly fearful of developing dementia in old age. But he dedicates this book to his wife and says, "It's been said that beautiful young people are accidents of nature, but beautiful old people are works of art. I dedicate this book to my wife, Christie, who is both a beautiful "accident of nature" and the most beautiful work of art I have ever known. Christie, I hope this book will remove your fear and give you confidence to know that rather than slowly fading away you can grow more beautiful every day!" (Timothy R. Jennings, *The Aging Brain: Proven Steps to Prevent Dementia and Sharpen Your Mind*, BakerBooks, 2018, p. 12). A word for us all.

Mary Lou Codman-Wilson, PhD, 8/18/18
