Index

acetylcholine, 98, 99
acquisition, memory and, 79
action, passivity vs., 66–68
addictive behavior, 50
adenosine triphosphate (ATP), 100, 122, 131
adolescents, nutrition and, 116
adrenal glands
  hypothalamus-pituitary-adrenal (HPA) axis, 31–34, 43
  overcoming fear and, 31
See also adrenaline
adrenaline
  exercise and, 120
  overcoming fear and, 30, 31
Adult Assessment Interview, 155
Adult Attachment Inventory studies, 156
advanced glycosylated end products (AGEs), 95–96
aerobic exercise
  benefits of, 120–121
  mood and, 54–55
affective style, 171–172
affect regulation, 146
aging, 176–181
agoraphobia, 41
Ainsworth, Mary, 153
alcohol
  neurotransmitters and, 63
  sleep and, 131
  vitamin depletion from, 99–100
allostasis, 181–182
allostatic load, 181, 182
alpha-linolenic acid (ALA), 107–108, 114. See also omega-3 essential fatty acids
aluminum, 104
Alzheimer's disease
  memory and, 76–77
  nutrition and, 96, 104, 108, 111, 115
ambivalent attachment, 153–157
American Sleep Disorders Associations, 133–134
amino acids, 63, 97–98
  exercise and, 121
  foods containing, 99
  sleep and, 132–133
amygdala, 25–29
  avoidance and, 35, 38–42
  changing narrative and, 42–44
  memory and, 14–17, 77–79
  moderating anxiety and, 34–36
  overcoming fear and, 26, 29–30, 35–38
  posttraumatic stress disorder (PTSD) and, 32, 37, 39
  relaxation response and, 36–38
  social medicine and, 152
  stress and false alarms, 29–34
anger, 49, 66
anoxia, 178
antidepressants
  exercise as, 55
  Paxil, 56
antioxidants, 103
anxiety, 7, 25–29
  anxiety sensitivity, 40
  false alarms and, 29–34
  generalized anxiety, 42, 134
  moderating, 34–36, 66
  overcoming, 26, 27, 34
  social medicine and, 156–157
arachidonic acid (AA), 109
Arden, John B.
  Brain-Based Therapy with Adults, 2
  Brain-Based Therapy with Children and Adolescents, 2
  Conquering Post-Traumatic Stress Disorder, 37
arousal, 77
association, 71, 79–84, 87
assumptions, 43
Ativan, 7, 121
atrial natriuretic peptide (ANP), 120
attachment, resiliency and, 168–169
attachment theory, 152–157, 162–163
attention
  memory and, 72–74, 86–87
  nutrition and, 93
  See also mindful attitude
attention deficit hyperactivity disorder (ADHD), 8, 191
attitude, resiliency and, 168–175
autism, 16–17
automatic thoughts, 43
autonomic nervous system, 31
avoidance, 35, 38–42
avoidant attachment, 153–157
back massage, 147–148
basal nucleus stria terminals (BNST), 34
Beckner, Victoria, 37
Beethoven, Ludwig van, 174–175
behavioral activation, 51
Belgium (nutrition study), 114
belief. See cognitive-behavioral therapy (CBT)
belly fat, 115–116
Benson, Herbert, 36
benzodiazepines, 135–136
biofeedback, 194–195, 200
biotin (vitamin B.), 101–102
black and white thinking, 59, 65–66
blindness, 10
blood circulation
  aerobics and, 54–55
  exercise and, 120, 123
  mindful attitude and, 196–197
  overcoming fear and, 37–38
blood glucose
  cortisol and, 31
  exercise and, 122
  memory and, 77
  metabolism, 57
  nutrition and, 94–97
blood pressure, 120
body fat
  body mass index (BMI), 115, 177
  inflammation and, 115–116
  resiliency and, 177
body mass index (BMI)
  Alzheimer's disease and, 115
  brain atrophy and, 177
body temperature, 129
bonding, 16, 60, 152–157, 162–163
braille, 10
brain
  aging of, 176–179
  architecture of, and neuroplasticity, 3–6
cerebral asymmetry and resiliency, 51, 171–172, 183
effort-driven reward circuit, 50
gray and white matter of, 111
social brain and, 16, 142, 146–147
(See also social medicine)
theta brain waves, 124
See also neurogenesis;
neuroplasticity; individual brain anatomy terms
Brain-Based Therapy with Adults
(Arden and Linford), 2
Brain-Based Therapy with Children and Adolescents (Arden and Linford), 2
brain-derived neurotrophic factor (BDNF), 11–12, 123, 126
brain imaging, 17, 56
brain injury, 111
breakfast, 92–94
breathing
mindful attitude and, 196
overcoming fear and, 37–38
parasympathetic meditation and, 198
Broca’s area, 157
Buddhism, 168, 199, 201
B vitamins, 99–100, 101–102, 133
caffeine, sleep and, 131
calcium, 104–105, 133
California Department of Education, 125
capillaries, 120, 126
carbohydrates, 133
carbon dioxide, 38
cardiovascular system
exercise for, 120
overcoming fear and, 37–38

catastrophizing, 58
Ceausescu, Nicolae, 148
Cerami, Anthony, 95
challenge, 173
“challenging the paradox,” 38–42
character, 79
“chemistry of love,” 161–162
cholecystokinin (CCK), 94, 120
cholesterol, 111–112
choline, 98, 99
Cicero, 81
cingulate cortex, 13, 142, 201–202
circadian rhythm, 128–129, 176–177
circulatory system, 37–38. See also blood circulation
coding, 79
coffee, 95
cognitive-behavioral therapy (CBT), 50–51, 56–60
cognitive dissonance, 170
cognitive reserve, 179–181
cognitive restructuring, 58
cognitive therapy, labeling and, 204
commitment, 173
compassion, 17, 184, 204
compassion meditation, 202
complex carbohydrates, 133
connecting, memory and, 87
connection, social. See social medicine
Conquering Post-Traumatic Stress Disorder (Arden, Beckner), 37
context checking, 59
cortical functioning, 52
control, 173
core beliefs, 43
core sleep, 135
corpus callosum, 3
cortex
antidepressant medications and, 57
overcoming fear and, 30
corticotropin-releasing factor (CRE), 31
cortisol
nutrition and, 93
overcoming fear and, 31–34
resiliency and, 181–182
social medicine and, 148, 150–151
C-reactive protein (CRP), 125–126
cross-link, 95–96
Csikszentimihalyi, Mihaly, 173–174
cytokines, 111, 115–116
Dalai Lama, 201
Davidson, Richard, 171, 201–202
daylight, 128
decisions, spindle cells and, 13–17
declarative memory, 75–79
deep sleep, 127–128
de Leon, Ponce, 176
Dement, William, 134
dementia, 177–178
dendrites, 33
deoxyribonucleic acid (DNA), 123
depression, 45–50, 60–66
antidepressants and, 56, 57
(See also medication)
cognitive-behavioral therapy for, 50–51, 56–58
constructing narratives and, 55–56
exercise for, 55
hemispheric asymmetry and, 51, 171–172, 183
maternal depression, 150
nutrition and, 96
passivity vs. action, 66–68
positive thinking for, 50–55, 58–60
sleep and, 134
social medicine and, 150
See also nutrition
deprivation. See nurturance; sleep
detaching, 59
determination, 17, 20. See also
FEED method
diabetes, nutrition and, 95–97
diet. See nutrition
dietary fat, 106–107
depression and, 113–116
good fats, 107–109 (See also essential fatty acids)
phospholipids and, 112–113
prostaglandins and, 109–112
See also nutrition
disorganized attachment, 153–157
DLPFC. See dorsolateral prefrontal
cortex (DLPFC)
docosahexaenoic acid (DHA), 108, 114. See also omega-3 essential fatty acids
docosapentaenoic acid (DPA), 114
dopamine, 8
memory and, 73
nutrition and, 98, 99, 100
overcoming fear and, 31
social medicine and, 60, 161–162
See also neurotransmitters
dorsolateral prefrontal cortex (DLPFC), 5
memory and, 70, 73–74
mindful attitude and, 190, 193–195
See also prefrontal cortex (PFC)
education, cognitive reserve and, 179–181. See also learning
effort, 17, 18–19, 66, 67. See also
FEED method
effort-driven reward circuit, 50
effortlessness, 17, 19, 28. See also
FEED method; practice
eicosapentaenoic acid (EPA), 109
emotional intelligence, 59
emotional memory, 75–79
emotional reasoning, 58
emotional wisdom, 184
empathy, 16, 60, 157–160, 184, 203
epinephrine
exercise and, 120
nutrition and, 97–98
overcoming fear and, 30, 31
sleep and, 128
See also neurotransmitters
episodic memory, 75–79
essential fatty acids, 107–109
depression and, 113–116
exercise and, 121
phospholipids and, 112–113
prostaglandins and, 109–112
excitotoxic stress, 122
“executive brain,” 16. See also
frontal lobe
exercise, 117–119
effect on brain, 119–125
health benefits of, 125–127
memory and, 85
mood and, 54–55
resiliency and, 178
sleep hygiene and, 132–133
See also sleep
explicit memory, 14–15, 75–79
Index

exposure, 39
externalizing problems, 59

facial expression, 183
facial muscles, hemispheric asymmetry and, 51
false alarms, stress and, 29–34
fat. See body fat; dietary fat
fatty acids. See essential fatty acids; trans-fatty acids
fear, 15–17, 25–29
memory and, 77
stress and false alarms, 29–34
See also “fight-or-flight response”
FEED method, 17–20
to cultivate wisdom, 183–184
defined, 17–20
focus for overcoming fear, 26, 35
labeling emotions and, 47, 55
left frontal lobe, 59
Fehmi, Les, 194–195
Field, Tiffany, 150
“fight-or-flight response,” 15, 29–34
exercise and, 120
overcoming fear and, 42–44
relaxation response and, 36–38
See also fear
Finland (nutrition study), 116
five-hour hypothesis, of sleep, 135
flavonoids, 105–106
focus, 17, 18
depression and, 66, 67
focused attention, 193–195
See also FEED method
folic acid (vitamin B9), 101, 102
foods. See nutrition
free radicals, oxidation and, 96, 103, 110–111, 122
Freud, Sigmund, 78
fried foods, 114
frontal lobe, 4
activating, and changing narrative, 42–44
as “executive brain,” 16
mindful attitude and, 190
overcoming anxiety and, 26, 27, 34
See also left frontal lobe
frowning, 52
full-spectrum light, 54
functional magnetic resonance imaging (fMRI), 17
Gage, Phineas, 5–6
gamma-aminobutyric acid (GABA), 7
depression and, 63
exercise and, 121
nutrition and, 97, 99
See also neurotransmitters
gamma-band oscillation, 202
gamma-linolenic acid (GLA), 110
gastrin, 94
gender, brain anatomy and, 3–5
generalized anxiety, 42, 134
genetics
exercise and, 123, 126
social medicine and, 151
Germany (attachment study), 154
ghrelin, 129
glial cells, 111
glucose
cortisol and, 31
exercise and, 122
memory and, 77
metabolism, 57
nutrition and, 94–97
glutamate, 7, 11, 33.
See also neurotransmitters
glycation, 96
glycemic load (GL), 96
glycogen, 31
Harvard University, 36, 96, 178, 180–181
hemispheres of brain
asymmetry and, 51, 171–172, 183
narratives and, 55–56
“right-brain”/“left-brain” people, 3
high-density lipoprotein (HDL), 112
hippocampus, 14–15
body fat correlation to, 177
cognitive behavioral therapy and, 56
exercise and, 126
hippocampus (continued)
  language and, 4–5
  memory and, 76, 77–79
  overcoming fear and, 32–34, 42
  oxygen and, 178
  social medicine and, 150–151
“HM” (Henry Molaise), 76
homocysteine, 101
humor, 53
  neuroplasticity and, 52–53
  resiliency and, 184–185
hybrid yoga, 197–198
hyperglycemia, 95–97
hypnotherapy, 195–196
hypocapnic alkalosis, 38
hypoglycemia, 95–97
hypothalamus-pituitary-adrenal (HPA) axis, 31–34, 43
hypothyroidism, 141
Iacoboni, Marco, 159
immune system
  humor and, 53
  social medicine and, 147
immunoglobulin, 53
immunosurveillance, 53
implicit memory, 14, 15, 75–79
"infantile amnesia," 78
inflammation
  belly fat and, 115–116
  exercise for, 125–127
insight meditation, 199
insomnia, 117–119
  avoiding, 130–132
  minimum requirements for sleep and, 135
  sleep aids and, 135–136
  sleep scheduling for, 136–138
  symptoms of, 133–135
  techniques for achieving sleep, 138–139
insula, 146, 201–202
insulin
  insulin-like growth factor (IGF-1), 122–123, 126
  stress and, 31–32
inverted U, 35–36
iron, 105
isoprostanes, 96, 110–111
Japan
  attachment study, 154
  nutrition study, 116
Johns Hopkins University, 153
Kaiser Permanente, 177
Kirsch, Irving, 57
Kobasa, Suzanne, 172–173
Korea (nutrition study), 115
labeling
  for depression, 47, 55
  mindful attitude and, 198, 204
Lambert, Kelly, 50
language
  gender and, 4–5
  hemispheric asymmetry and depression, 51
  left frontal lobe and, 47, 56
  long-term depression (LTD) mechanisms and, 12
  mirror neurons and, 157–158
  semantic memory and, 75–79
laughter, 184
learning
  cognitive reserve and, 179–181
  exercise and, 123–124
  memory and, 77
lecithin, 112–113
LeDoux, Joseph, 33, 77
“left-brain” people, 3.
  See also hemispheres of brain
left frontal lobe, 4, 45–50, 60–66
  cognitive-behavioral therapy and, 56–58
  constructing narratives and, 55–56
  passivity vs. action, 66–68
  positive thinking and, 50–55, 58–60
  See also frontal lobe
leptin, 129
L-glutamine, 97, 99
light
  depression and, 53
  sleep and, 128, 131, 176–177
Index

link, 80, 82–83
linoleic acid (LA), 107
lipids, 107
liver, 31–32
lobes, defined, 4. See also frontal lobe; temporal lobe
loci, 80, 81–82, 84
Loewi, Otto, 130
loneliness. See social medicine
long-term depression (LTD), 12
long-term memory, 70, 74–79
long-term potentiation (LTP), 11, 12, 33, 126
love, 160–163
low-density lipoprotein (LDL), 112
L-phenylalanine, 99
L-tryptophan, 98, 99, 100
exercise and, 121
sleep and, 132
Ludiomil, 8
MacArthur Study on Successful Aging, 182
macronutrients, 104–106
Maddi, Salvator, 172–173
magnesium, 105, 133
Main, Mary, 153, 155
malondialdehyde (MDA), 96
marinade, vitamin depletion from, 100
Massachusetts Institute of Technology (MIT), 96–97, 98
massage, 147–148
maternal depression, 150
math
exercise and, 125
nutrition and, 93
meat marinade, vitamin depletion from, 100
media, attention and, 191
medication
neurotransmitters and, 7–8
sleep and, 132, 135–136
See also individual names of medication
meditation, 196–197
compassion meditation, 202
insight meditation, 199
parasympathetic meditation, 195–198
See also mindful attitude
melatonin, 54, 128
Melbourne, Australia (nutrition study), 114
memory, 5, 8–10, 69–72
associations and mnemonic devices, 71, 79–84, 87
attention and, 72–74
consolidation, 77
improving, 84–87
nutrition and, 93
types of, 74–79
Mendeleeyev, Dmitry, 130
metabolism, 122
micronutrients, 104–106
Milner, Brenda, 76
mindful attitude, 17, 187–190
attention and, 191–193
effect on brain, 201–205
focused attention and, 193–195
parasympathetic meditation and, 195–198
practicing mindfulness and, 199–201
mindfulness meditation, 17, 42
mind reading, 58
minerals, 98–106, 133
mirror neurons, 2, 16–17
social brain and, 142
social connecting/social medicine and, 59–60, 157–160
super mirror neurons, 159
mitochondria, 122
mnemonic devices, 71, 79–84, 87
Mnemosyne, 81
modules of brain, 3
See also cortex; frontal lobe; hemispheres of brain; left frontal lobe; temporal lobe
Molaise, Henry ("HM"), 76
Mona Lisa (da Vinci), 52
mood, 47–50
attachment and, 156–157
positive thinking and, 50–55, 58–60
mood (continued)
resiliency, 171–172
See also anger; anxiety; depression
motivation
left frontal lobe and, 65
stress and, 35
musicians, 10
myelin, 111

Naperville (Illinois) school system, 124–125

narrative
changing, 42–44
constructing, 55–56
National Institutes of Health, 108
natural killer (NK) cells, 53
negative core beliefs, 44
negative feedback loop, nurturance
and, 151
negative sleep thoughts (NSTs),
137–138
neglect, 148–152
nerve growth factor, 126
neurogenesis, 2
brain-derived neurotrophic factor
and, 11–12
defined, 14
exercise and, 55, 119, 123
neuromodulators, 7–8, 163
neurons
depression and, 63
mood and, 47
neuroplasticity and function of, 6–8
nutrition and, 108
overcoming fear and, 27
sleep and, 130
spindle cells, 13–17
See also neuroplasticity
neuroplasticity, 1–3, 20–22
attention and, 72
brain architecture and, 3–6
defined, 8–10
exercise and, 55, 119
FEED method for, 17–20, 26, 35,
47, 55, 59, 183–184
humor and, 52–53
memory and, 79
mindful attitude and, 193, 201–205
neurons and, 6–8
overcoming fear and, 35
process of, 11–13
resiliency and, 166–167, 172
self-assessment for, 22–24
sleep and, 130
spindle cells and, 13–17
See also anxiety; depression;
exercise; fear; memory; mindful
attitude; nutrition; resiliency;
sleep; social medicine
neurotransmitters, 7
amino acids and, 63
epinephrine, 30, 31, 97–98,
120, 128
GABA, 7, 63, 97, 98, 121
glutamate, 7, 11, 33
norepinephrine, 7–8, 31, 55, 73, 77,
97–98, 99, 128, 181
serotonin, 7–8, 54, 63, 94, 99, 100,
108, 121
sleep and, 128
social medicine and, 146–147,
149–150
New York University, 33, 77
niacin (vitamin B3), 100
nonjudgmental attitude, 198
norepinephrine, 7–8
depression and, 55
memory and, 73, 77
nutrition and, 97–98, 99
resiliency and, 181
sleep and, 128
stress and, 31
See also neurotransmitters
nucleus accumbens, 8, 50–51
Nuns’ Study, 180
nurturance, 3–6, 148–152
nutrition, 2, 89–92
amino acids for, 97–98
breakfast for, 92–94
dietary fat and, 106–113
fatty acids for, 113–116
memory and, 70, 84–86
minerals for, 98–106
neurotransmitters and, 63
Index

phytonutrients for, 104–106
sleep and, 132–133
sugar and, 94–97
vitamins for, 98–104

Obama, Barack, 148
observation, 198
occipital lobe, 4
OCD (obsessive compulsive disorder), 41–42
omega-3 essential fatty acids, 107–109, 110, 113–116
omega-6 essential fatty acids, 110, 113–116
open focus, 194–195, 200
optimism, 59, 170
orbital frontal cortex (OFC), 5, 30
bonding and, 60
left frontal lobe and, 56
maturation of, 183
as “social brain,” 16, 142, 146–147
spindle cells and, 13
organization, memory and, 69–72, 87
orientation response, 191
overgeneralization, 58
oxidation, free radicals and, 96, 103, 110–111, 122
oxygen, 38
aerobics and, 54–55
anoxia, 178
exercise and, 120
oxygen radical absorbing capacity (ORAC), 106
oxytocin, 16, 60, 147, 162–163
pairing, memory and, 87
panic attacks
exercise and, 120
moderating anxiety and, 34–36
overcoming fear and, 29–30, 37–38
pantothenic acid (vitamin B₅), 101, 102
paradoxical sleep, 128
parasympathetic meditation
parasympathetic nervous system and, 195–198
principles of, 198
parasympathetic nervous system, 15
activating, 36–38
mindful attitude and, 195–198
See also sympathetic nervous system
parietal (middle) lobe, 4
Pascual-Leone, Alvaro, 10
passivity
action vs., 66–68
depression and, 46, 60–66
passive-aggression, 67
Paxil, 56
pegs, 80–81
pellagra, 100
personality, 79
personalization, 58
pessimism, 58, 61, 169–170
PFC. See prefrontal cortex (PFC)
phase synchrony, 195
phenylamine, 97
phosphatidylcholine (PC), 112–113
phosphatidylserine (PS), 112
phospholipids, 112–113
phytonutrients, 104–106
pineal gland, 128, 131
pituitary gland
hypothalamus-pituitary-adrenal (HPA) axis, 31–34, 43
overcoming fear and, 31
placebo effect, 56–58
plasma cytokine gamma interferon levels, 53
plasticity of brain. See neuroplasticity
Plato, 160–161
pleasure
dopamine and, 8
positive thinking and, 50
social medicine and, 161–162
polarized thinking, 58
positive thinking, 50–55, 58–60
positron emission tomography (PET), 17
posttraumatic stress disorder (PTSD)
amygdala and, 32, 37, 39
exercise for, 121
practice, 10
mental practice and exercise, 126–127
for overcoming fear, 27, 28
prayer. See mindfulness meditation
prefrontal cortex (PFC), 5, 34, 42,
50–51
left and right, 6
memory and, 70, 73–74
mindful attitude and, 190, 193–195
social medicine and, 157
priming, 156–157
Princeton University, 194–195
procedural memory, 75–79
procrastination, 39, 40
prostaglandins (PGE1, PGE2, PGE3),
109–112
Prozac, 7–8
psychoneuroimmunology, 145
public speaking
fear of, 25–29
memory and, 81, 82
pyridoxine (vitamin B₆), 101, 102
quiet environment, for meditation, 198
rapid eye movement (REM), 128, 134.
See also sleep
Ratey, John, 121, 124
receptors, touch and, 147–148
“redneck,” 100
reinforcement, 39, 40
relaxation posture, for meditation, 198
relaxation response, 36–38,
195–198
repetition, 9
resiliency, 165–168
aging and, 176–181
attitude and, 168–175
social support and, 181–185
respiratory system, 37–38
restless leg syndrome, 133
retrieval, memory and, 79
ribonucleic acid (RNA), 123
“right-brain” people, 3. See also
hemispheres of brain
Ritalin, 8
Rizzolatti, Giacomo, 159
Rockefeller University, 95
Romanian orphans, nurturance and,
148–152
room temperature, 132
Rotterdam, the Netherlands (nutrition
study), 113
Rush University Medical Center, 116
Rutter, Michael, 149, 155
sadness, 49. See also depression
safety behavior, 39, 40
science, exercise and, 125
Scientific American Mind, 57
seasonal affective disorder (SAD), 54
second-messenger system, 109
secure attachment, 153–157
self-assessment, 22–24
self-hypnosis, 195–196
self-talk, 43
Seligman, Martin, 169
semantic memory, 75–79
Seminoles, 176
septal region, 162
serotonin, 7–8
depression and, 54, 63
exercise and, 121
nutrition and, 94, 99, 100, 108
See also neurotransmitters
set point, affective-style, 171–172
shortness of breath, 38
short-term memory. See working
memory
shoulds/should nots, 58
Simonides, 81
simple carbohydrates, 133
skin, touch and, 147–148
sleep, 117–119
aging and, 176–177
circadiam rhythm and, 128–129
insomnia and, 130–132, 133–139
memory and, 85
sleep deprivation, 129–130
sleep hygiene, 132–133
stages of, 127–128
See also exercise
smiling, 50, 52
“social brain,” 16, 142, 146–147. See
also orbital frontal cortex (OFC)
social medicine, 59–60, 141–147
bonding and attachment, 152–157
empathy and, 157–160
love and, 160–163
nurturance and, 148–152
resiliency and, 181–185
touch and, 147–148
somatosensory cortex, 158, 201–202
soul mate concept, 160–161

Spark: The Revolutionary New Science of Exercise and the Brain (Ratey), 121

spatial skill, 5
speaking, mirror neurons and, 157–158. See also language
spindle cells, 13–17, 160
Stanford University, 132
states, neuroplasticity and, 172
stem cells, 123–124, 126, 130
stimulation, memory and, 86
storage, memory and, 79
story links, 80, 82

strange situation, 153
stress
cortisol and, 31–32
exercise and, 119
false alarms and, 29–34 (See also amygdala)
mindful attitude for, 194–195, 196
moderating anxiety and, 34–36
nutrition and, 93, 95
stress hardiness, 173
stretching, 54–55, 196–197
striatum, 50–51
stroke, 51
sugar, 94–97
super mirror neurons, 159
supplements, nutritional.
See nutrition
support, social. See social medicine
Swansea University, 97
Sweden (nutrition study), 115
sympathetic nervous system, 15, 36, 42. See also parasympathetic nervous system
synapses, 7
plasticity of, 8–10 (See also neuroplasticity)
synaptic consolidation, 130
Taiwan (aging study), 182
temperature
body temperature, 129
room temperature, 132
temporal lobe, 4, 203
Theory of Mind (ToM), 159–160
therapeutic back massage, 147–148
theta brain waves, 124, 127
thiamine (vitamin B1), 99–100, 102
“thinking in shades of gray,” 59
thyroid, 141
thyroxine, 98, 141
Tibetan monks, meditation by, 17, 202
tiredness, exercise and, 121–122
topical system. See loci
touch, 147–148
trace elements, 104–106
traits, 172
transcranial magnetic stimulation (TMS), 10
trans-fatty acids, 107, 115
Trends in International Mathematics and Science Study, 125
triglycerides, 114
tyrosine, 97, 99
unity, 204
University of California at Berkeley, 153
University of Chicago, 172–173
University of Connecticut, 57
University of Pennsylvania, 169–170
University of Virginia, 178
University of Wisconsin, 171, 201–202
unsaturated fat, 114

Vaillant, George, 180–181
Valium, 7, 63, 121
vascular endothelial growth factor (VEGF), 122, 123, 126
vasopressin, 163
vegans, 101
Vesta, 8
Vipassana, 199
visualization
memory and, 83
mental practice and exercise, 126–127
mindful attitude and, 195–196
visual skill, 5
vitamins, 98–104
  B, 99–100, 101–102, 133
  C, 102–103
  E, 103–104
  sleep and, 133
voluntary exercise, 124
walking, 178
weight gain, sleep and, 129

white noise, 133
wine. See alcohol
wisdom, resiliency and, 182–184
working memory, 70, 73–74
“worry circuit,” 41–42
Wurtman, Richard, 98
Yale University, 97
Yerkes-Dobson curve, 35–36
yoga, 196–197