10 brain rules for aging well

1. Be a friend to others, and let others be a friend to you

2. Cultivate an attitude of gratitude

3. Mindfulness not only soothes but improves

4. Remember, it’s never too late to learn—or to teach

5. Train your brain with video games

6. Look for 10 signs before asking, “Do I have Alzheimer’s?”

7. MIND your meals and get moving

8. For clear thinking, get enough (not too much) sleep

9. You can’t live forever, at least not yet

10. Never retire, and be sure to reminisce