

Different cognitive skills peak at different times over our lifespans, research finds

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MinnPost:

Here's some promising news for anybody who's aging (and that, of course, is all of us): A recent series of crowd-sourced experiments suggest that different aspects of fluid intelligence — our ability to think abstractly, reason quickly and solve problems — peak at different periods during adulthood.

In other words, our brains do not, as previously believed, reach a so-called cognitive peak when we're in our 20s and then start an inevitable descent. Some kinds of fluid intelligence actually improve with age.

Read the whole story: [MinnPost](#)