



Cognitive Empowerment for the Enhancement of Active and Healthy Aging

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Message from the Guest Editors

Due to the increasing number of older adults, the progressive aging of the population requires the implementation of appropriate and innovative strategies for mitigating the adverse effects of this process on both individuals and the socio-economic system. Although one of the main effects of aging is undoubtedly linked to the decline in cognitive functions, it should be stressed that this decline, which has both functional and neurological aspects, even if it cannot be avoided, can be significantly postponed (Boots et al. 2015; Miceli & Gangemi, 2011; Misuraca, Miceli, & Teuscher, 2017; Smart et al., 2014; Miceli, Maniscalco, & Matranga, 2019). Over the last few decades, researchers have made an enormous amount of progress in understanding the biological processes underlying cognition, shedding light on the influence of both lifestyles and different technological aids (e.g., serious games, robotics, artificial intelligence) on the development or enhancement of human cognitive abilities.

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Message from the Editor-in-Chief

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