

# Being Bilingual Is Good For Your Brain



By *Ana-Marija Dolaskie* — February 8, 2018

For some time now, researchers have known that being bilingual is beneficial both culturally and cognitively. A [recent study](#) <sup>[1]</sup> sheds more light on how knowing a second, or perhaps even a third, language can help your brain, especially when it comes to cognitive decline and Alzheimer's disease.

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[1] <https://www.sciencedirect.com/science/article/pii/S0028393217305109>