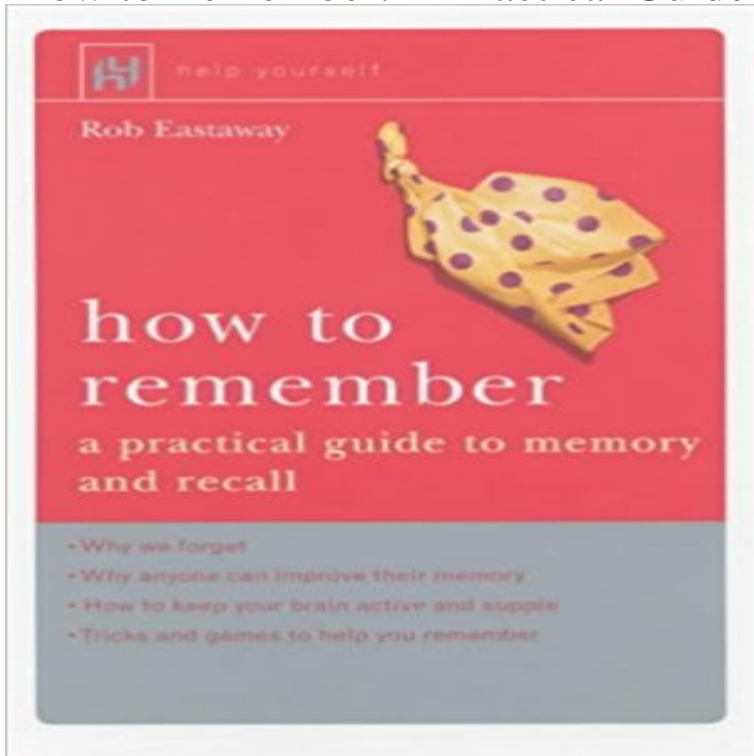


How to Remember: A Practical Guide to Memory and Recall



Actually forgetting is a natural part of how the brain functions, which should be reassuring but for some people it can still be a maddening or distressing experience. In *How To Remember*, Rob Eastaway explains how memory works, why it sometimes goes wrong, and what practical steps you can take to build a stronger memory - debunking some of the more popular myths about memory along the way. Drawing on the strategies and experiences of real people in their everyday lives, and with regular doses of gentle humour, this book takes a refreshing and supportive look at memory, how to understand and live with its defects and how to improve it. It includes details on: * Why we forget * How anyone's memory can be improved * How to keep the brain active and healthy * Tricks and strategies to help you remember

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