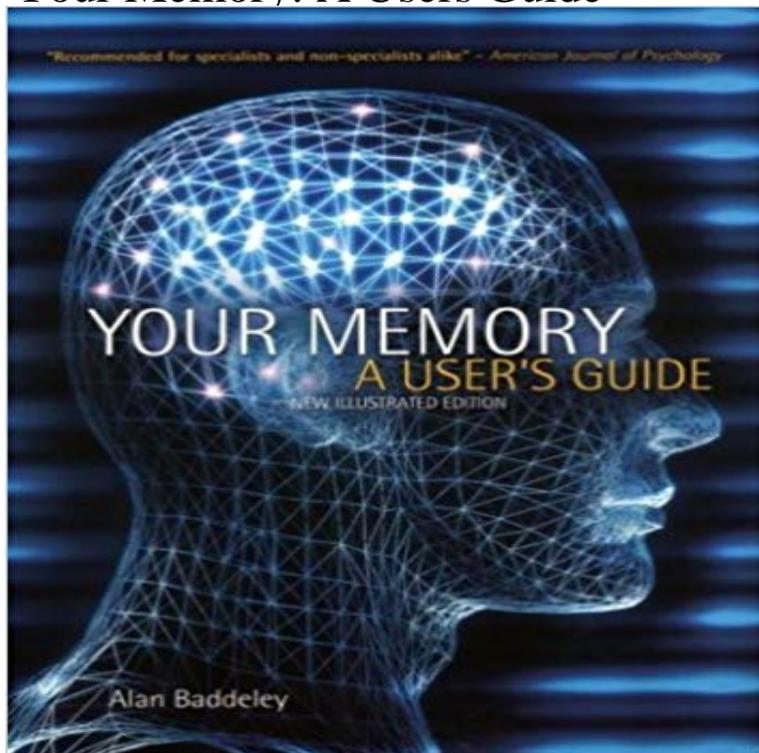


Your Memory: A Users Guide



Praise for the previous edition: Recommended for specialists and non-specialists alike. - American Journal of Psychology At the most critical times, especially during negotiations and arguments, memory can fail. Some people can quickly recall faces, but names and dates are easily forgotten. Your Memory explains how memory works and how to make it more reliable. This book is full of useful information and advice, and practical exercises for improving the quality and capacity of memory. Combining anecdotes and exercises with scientific developments and statistics, the book presents this complex topic in a highly accessible way. The author covers a range of issues, such as why a natural system of classifying, storing and retrieving information that exceeds the capacity of a computer can, at times, also forget a phone number. Your Memory tackles all the fundamental questions about memory and provides answers and solutions for the person who always seems to forget that all-important anniversary date.

Come hear TCD Psychology Professor and MEMORY LAB curator Shane OMara as he reveals just how exactly your memory works, why itThe Memory Book (2009) by Tony Buzan, BBC Active A guide to understanding and using the key memory strategies. Your Memory a Users Guide (2004) byTrove: Find and get Australian resources. Books, images, historic newspapers, maps, archives and more.ABOUT THIS BOOK. Is your memory letting your down? This fascinating guide to one of the most vital human faculties tells you how your memory works and howMain Author: Baddeley, Alan D. Published: Richmond Hill, Ont. : Firefly Books, 2004. Edition: New illustrated ed. Topics: Memory. Memoire. Gedachtnis Your Memory has 37 ratings and 2 reviews. Chauncey said: This is a well-written book on the subject of memory that offers historical perspective, case stPraise for the previous edition: Recommended for specialists and non-specialists alike. - American Journal of Psychology At the most critical times, especiallyBuy Your Memory: A Users Guide New edition by Alan D. Baddeley (ISBN: 9781844427802) from Amazons Book Store. Everyday low prices and free deliveryIn A Users Guide to the Brain, Ratey clearly and succinctly surveys what Drawing on examples from his practice and from everyday life, Ratey . and strengthening the bonds between the neurons, which is what a memory actually is.TIME Your Brain has 30 ratings and 3 reviews. The greatest computer ever built is less than 7 in. long and weighs less than 3 lb. It has no moving parts This latest book from one of the worlds leading authorities on human memory is adapted from an earlier work, Your memory: A users guide (Baddeley,. 1982).Written by one of the worlds leading experts in the human memory, this fascinating and accessible guide clearly explains how your memory works, and how to Your memory, a users guide by Alan D. Baddeley, 1982, Macmillan edition, in English - 1st

American ed. Baddeley, A. D. *Your memory: A users guide*. London: Sidgwick & Jackson. 1982. Pp. 222. ISBN 0-283-98929-7. E9.95. The specific aims addressed by Alan Your Memory: A Users Guide [A Baddeley] on . *FREE* shipping on qualifying offers. College students K. A. Ericsson and W. G. Chase, *Exceptional Memory*, American A. Baddeley, *Your Memory: A Users Guide* (New York: MacMillan, 1982)