



Can't Remember What I Forgot: Your Memory, Your Mind, Your Future

Sue Halpern

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Behind the Scenes of Cutting-Edge Memory Research

When Sue Halpern decided to emulate the ?rst modern scientist of memory, Hermann Ebbinghaus, who experimented on himself, she had no idea that after a day of radioactive testing, her brain would become so “hot” that leaving through the front door of the lab would trigger the alarm. This was not the ?rst time while researching *Can't Remember What I Forgot* that Halpern had her head examined, nor would it be the last.

Like many of us who have had a relative or friend succumb to memory loss, who are getting older, and who are hearing statistics about our own chances of falling victim to dementia, Halpern wanted to ?nd out what the experts really knew, how close science is to a cure, to treatment, to accurate early diagnosis, and, of course, whether the crossword puzzles, sudokus, and ballroom dancing we've been told to take up can really keep us lucid or if they're just something to do before the inevitable overtakes us.

Sharply observed and deeply informed, *Can't Remember What I Forgot* is a book full of vital information and a solid dose of hope.



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Can't Remember What I Forgot: Your Memory, Your Mind, Your Future can be one of your basic books that are good idea. Most of us recommend that straight away because this guide has good vocabulary that may increase your knowledge in vocabulary, easy to understand, bit entertaining but nonetheless delivering the information. The article author giving his/her effort to put every word into delight arrangement in writing Can't Remember What I Forgot: Your Memory, Your Mind, Your Future yet doesn't forget the main stage, giving the reader the hottest as well as based confirm resource facts that maybe you can be one of it. This great information can easily draw you into brand-new stage of crucial contemplating.

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