



# How To Cure Your Memory Failures: Dozens of Proven Methods from Two World Experts

*Douglas J. Herrmann, Michael M. Gruneberg*

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Have you ever forgotten an appointment, blanked on a new friend's name, or overlooked a loved one's birthday? The results can be serious, affecting self-esteem, relationships, and even lives. Do something about the problem with this new approach to memory failure that pinpoints the situations that trigger different types of forgetfulness. A series of true-life stories vividly illustrates how memory operates, why it fails, and how to prevent those breakdowns. Try memory improvement techniques, including lifestyle habits that strengthen recall--such as avoiding mental fatigue. There's information on the connection between memory and physical health, emotional states, and social situations, and tips on remembering everything from telephone numbers to word spellings. A questionnaire will enable you to come up with a personal profile and become more skilled at avoiding those circumstances that lead to "memory wipeout." Michael M. Gruneberg lives in Terre Haute, IN. 128 pages, 18 b/w illus., 7 x 9 3/4.

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