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Titolo	Memory fitness [[electronic resource]] : a guide for successful aging // Gilles O. Einstein and Mark A. McDaniel
Pubbl/distr/stampa	New Haven [Conn.], : Yale University Press, c2004
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Descrizione fisica	1 online resource (304 p.)
Altri autori (Persone)	McDanielMark A
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Soggetti	Brain - Aging Memory disorders in old age - Prevention Memory Electronic books.
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Thanks for the memories: aging and remembering -- Overview of memory systems and processes: the effects of aging -- Forgetting and distorting are normal--at all ages! -- Working memory and avoiding distractions: the right time for the right task -- Most memories are there: the trick is finding them -- How to learn and remember complex material: articles, lectures, and textbooks -- Remembering tough things -- Remembering to remember: medications, appointments, things to pack -- Mental exercise and memory: use it or lose it -- Physical exercise and memory: not exercising is risky behavior -- Effects of stress, depression, illness, and medications on memory -- Enhancing memory with nutritional supplements and vitamins -- Alzheimer's disease: the signals and what you can do about it.
Sommario/riassunto	Do all adults experience memory difficulties as they age? What is the difference between normal memory change and the symptoms of Alzheimer's disease? Is it possible to stem-or even reverse-memory decline? This timely book is a comprehensive guide for the growing number of adults who are eager to learn how aging affects memory and what can or cannot be done about it. Gilles Einstein and Mark McDaniel,

widely respected for their research and lectures on memory, explain how memory works and how memory processes change with age. Based on up-to-date and rigorous scientific evidence, they also offer* techniques and strategies for improving memory in everyday life* alternatives to hard-to-use mnemonic techniques* physical and mental exercises that can enhance memory* a review of drugs and nutritional supplements touted to enhance memory* a complete discussion of Alzheimer's disease, its symptoms and risk factors, along with guidance for caretakers* and much more.
