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Sommario/riassunto

Why do people forget some skills faster than others? What kind of training is most effective at getting people to retain new skills over a longer period of time? Cognitive psychologists address these questions in this volume by analyzing the results of experiments which used a wide variety of perceptual, cognitive and motoric training tasks. Studies reported on include: the Stroop effect; mental calculation; vocabulary retention; contextual interference effects; autobiographical memory; target detection; and specificity and transfer in choice reaction time tasks. Each chapter expl
