

1. Record Nr.	UNINA9910777770803321
Autore	Einstein Gilles O. <1950->
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
ISBN	9786611722586 1-281-72258-8 0-300-13358-8
Descrizione fisica	1 online resource (304 p.)
Altri autori (Persone)	McDanielMark A
Disciplina	618.97/684
Soggetti	Brain - Aging Memory disorders in old age - Prevention Memory
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
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.

2. Record Nr.	UNINA9910959020403321
Autore	Schneider Edgar <1932->
Titolo	Living the good life with autism / / Edgar Schneider
Pubbl/distr/stampa	London ; ; New York, : Jessica Kingsley Publishers, 2003
ISBN	9781283904216 1283904217 9781417501250 1417501251 9781846423819 1846423813
Edizione	[1st ed.]
Descrizione fisica	1 online resource (156 pages)
Disciplina	616.89/82/0092
Soggetti	Autism Asperger's syndrome Autistic people - Family relationships Asperger's syndrome - Patients - Family relationships
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Living the Good Life with Autism; Contents; Prologue; Opinions:Some Reinforced,Some Modified; The nature of autism; The autistic spectrum; The pitfalls of using 'traits' to profile; Explanations of some autistic traits; Possible causes of autism; Emotions:Theirs and Ours; The physiology of love; On the topic of mating rituals; When is love unconditional?; A short clarifying comment; The Story of Ed and Alix;

How we met; Personal difficulties I had to overcome; The story continues; A time of decision; About marriage; Complementary compatibilities; A new career; An admitted error; Health My first crisisAlix's crisis; My second crisis; Some Thoughts on Theological Topics; One God? Why not many?; Worshiping the Devil; Why God puts people to the test; How could God be so cruel to his own son?; Judgement; Fundamentalism and religion; Having or changing a religion; Some Thoughts on Political Topics; Democracy; The rise and fall of civilizations; Politics and religion; The power, and limits, of government; Social classes; Conclusions; A 'cure' for autism?; Problems encountered in the world; The worst part of my autism; Self-image and self-acceptance; A Light-Hearted Epilogue
Appendix A Ed's RecipesAppendix B Shakespeare's Sonnet 29; Appendix C Widmung; Appendix D Metaphysics and Ethics; Appendix E Lexicon of Situational Ethics; References

Sommario/riassunto

His discovery only in retirement that he has high-functioning autism provided Edgar Schneider at last with an explanation for his many differences, explored in Discovering my Autism. In this book he takes up the story, telling of his marriage to a like-minded woman, and of the day-to-day realities of life with this condition.
