



Memory: A Very Short Introduction

Jonathan K. Foster

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Memories are an integral part of being human. They haunt us, we cherish them, and in our lives we collect more of them with each new experience. Without memory, you would not be able to maintain a relationship, drive your car, talk to your children, read a poem, watch television, or do much of anything at all. *Memory: A Very Short Introduction* explores the fascinating intricacies of human memory. Is it one thing or many? Why does it seem to work well sometimes and not others? What happens when it "goes wrong"? Can it be improved or manipulated through techniques such as mnemonic rhymes or "brain implants"? How does memory change as we age? And what about so-called recovered memories--can they be relied upon as a record of what actually happened in our personal past? This book brings together our most recent knowledge to address (in a scientifically rigorous but highly accessible way) these and many other important questions about how memory works, and why we can't live without it.

About the Series: Combining authority with wit, accessibility, and style, **Very Short Introductions** offer an introduction to some of life's most interesting topics. Written by experts for the newcomer, they demonstrate the finest contemporary thinking about the central problems and issues in hundreds of key topics, from philosophy to Freud, quantum theory to Islam.

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