



Memory: A Self-Teaching Guide

Carol A. Turkington, Carol Turkington

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- * Master the 3 keys of memory
- * Boost memory power with self-tests
- * Remember everything better, from names and faces to articles and speeches

Master key concepts. Prepare for exams. Learn at your own pace.

How does memory work? What kind of drugs can impair memory? How does the brain change with age? What are the tricks to improving everyday memory? With *Memory: A Self-Teaching Guide*, you'll discover the answers to these questions and many more.

Carol Turkington provides memory-boosting activities related to study skills, foreign languages, names and faces, numbers, speeches, and age-related memory loss. The techniques presented will enable anyone to boost memory power and, by using Turkington's essential memory keys, cultivate tools for remembering that will last a lifetime. The step-by-step, clearly structured format of *Memory* makes it fully accessible, providing an easily understood, comprehensive overview.

Like all Self-Teaching Guides, *Memory* allows you to build gradually on what you have learned-at your own pace. Questions and self-tests reinforce the information in each chapter and allow you to skip ahead or focus on specific areas of concern. Packed with useful, up-to-date information, this clear, concise volume is a valuable learning tool and reference source for anyone who wants to improve his or her memory.

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