



# **Beat Memory Loss: The Complete Guide to Making the Most of Your Memory (Use Your Brain to Beat. . .)**

*Rita Carter*

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## **Beat Memory Loss: The Complete Guide to Making the Most of Your Memory (Use Your Brain to Beat. . .) Rita Carter**

What we know about the workings of the human brain has increased immeasurably in recent times. We now know exactly which parts of the brain react when we feel panicked, depressed, or overwhelmed emotionally. It is this new science, which can help us to understand how our brain generates the feelings we experience and, in turn, how we can control those feelings. Our capacity to remember things can be affected by age, disease, or damage to the brain. This book examines which parts of the brain govern memory and how memory loss can be controlled. A combination of cognitive therapy exercises to retrain the brain, and advice on drugs to suit individual needs are provided to improve the problems of both short- and long-term memory loss.

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