



Memory: A Self-Teaching Guide

By Carol A. Turkington, Carol Turkington

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Memory: A Self-Teaching Guide By Carol A. Turkington, Carol Turkington

- * Master the 3 keys of memory
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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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Editorial Review

From the Back Cover

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About the Author

CAROL TURKINGTON is a health and psychology writer. Among her more than twenty-five books are *12 Steps to a Better Memory*, *The Encyclopedia of Memory and Memory Disorders*, and *The Brain Encyclopedia*. A former newspaper writer and editor, she spent three years as a medical writer/editor at Duke University Medical Center and five years as senior writer in clinical psychology for the American Psychological Association in Washington, D.C.

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Karla Walker:

The particular book *Memory: A Self-Teaching Guide* has a lot of information on it. So when you make sure to read this book you can get a lot of advantage. The book was compiled by the very famous author. Tom makes some research just before write this book. This book very easy to read you can get the point easily after reading this article book.

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