



Mapping the Memory: Understanding Your Brain to Improve Your Memory

Rita Carter

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What is known about the workings of the human brain has increased immeasurably in recent times. Drawing on the latest discoveries, *Mapping the Memory* offers readers a unique scientific approach to improve their memory.

Presenting a wealth of information in a highly accessible format, *Mapping the Memory* explains the different types of memory: episodic (what happened), semantic (facts), procedural (how to do things), and working (everyday routines). It then details which parts of the brain govern memory and how memory loss can be controlled. Self-assessment questionnaires, memory exercises, case studies, therapies, tips, and tricks are all included to help readers reach a higher level of understanding about memory and how they can improve the working of their own brain function in this area.



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