



**Donde he puesto las llaves?/ Improving Your
Memory: Como Recordar Lo Que Se Te Olvida Y
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What You're Starting ... Hoy/ Psychology Today)
(Spanish Edition)**

Janet Fogler, Lynn Stern

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Este manual accesible y sencillo expone cómo funciona la memoria, cómo cambia con la edad y, lo que es más importante, cómo se puede mejorar. Las autoras explican por qué las personas recordamos lo que hacemos, qué tipo de esfuerzo requiere el acto de recordar y las diferentes circunstancias que pueden influir en la memoria (el estrés, la enfermedad o la depresión, por ejemplo). Entre sus útiles herramientas para entender y mejorar la memoria figuran técnicas y ejercicios al alcance de todos.

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