



How to Remember Not to Forget: By Joan Who? and Adam Rosensomething

Adam Rosenbaum

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How to Remember Not to Forget by Joan Who? and Adam Rosensomething shows you how easy it is to improve your memory by teaching you how to identify and overcome the forces that prevent you from holding onto information you want to remember: the Memory Busters. Information overload Inattention due to lack of interest, confidence, or motivation Mindless repetition Unhealthy habits Stress Depression Authors and Memorologists Joan Houlihan and Adam Rosenbaum bring their years of experience in health-care management and adult education to this wonderful collection of insightful observations, humorous situations, and sensible solutions to everyday concerns about your memory. In clear and easy-to-understand language, the authors explain how your memory works, why the Memory Busters can cause it to stop working, and the differences between the Memory Busters and Alzheimer's disease. How to Remember Not to Forget by Joan Who? and Adam Rosensomething is an invaluable resource for those looking to improve the performance and efficiency of their memory and enjoy themselves while doing it.

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