



## The Sheldon Short Guide to Memory Problems (Paperback)

By Sallie Baxendale

SPCK Publishing, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book. Sheldon Short guides let you grasp the essentials in less than an hour! For every person who develops Alzheimer s, there are thought to be at least another eight whose memory problems are severe enough to affect the quality of their lives. If you are struggling with memory problems yourself or are caring for someone who has memory difficulties, this book has been written to help you cope. Topics include: Why memory might go wrong Why you never forget to ride a bike How we retrieve information from our long term memory Word finding difficulties or the tip of the tongue phenomenon The role of anxiety, depression and stress in memory problems Diet and exercise Dementia and other neurological damage Myths and misconceptions When to seek further help.



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