



Where Did I Leave My Glasses?: The What, When, and Why of Normal Memory Loss

Martha Weinman Lear

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For any Baby Boomer who has ever said, "Has anyone seen my keys?"... "What did I come in here for?"...or "His name is on the tip of my tongue," WHERE DID I LEAVE MY GLASSES? is the tailor-made book. According to Martha Weinman Lear and the top memory experts she taps in the book, the memory lapses that begin in middle age are typically no cause for alarm. In other words: You're normal! In fact, remembering less in later years is rarely a sign of Alzheimer's or any other scary memory-loss condition. It's just a part of normal aging.

On her hunt for answers, Lear explores why names are the first things to go and what can be done about it, why we forget certain things on purpose, why we forget more than our parents did and in which cases our brains are actually doing us a favor by letting go of certain knowledge. Weaving together fascinating insight from psychologists, neuroscientists, and evolutionary biologists with rich and often hilarious anecdotes, Lear explores the whys and wherefores of garden-varuiety memory loss, and, in the process, offers reassurance and hope to the millions of forgetful baby boomers.

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From reader reviews:

George Valentine:

The book Where Did I Leave My Glasses?: The What, When, and Why of Normal Memory Loss has a lot of information on it. So when you read this book you can get a lot of benefit. The book was authored by the very famous author. Mcdougal makes some research prior to write this book. That book very easy to read you can find the point easily after scanning this book.

Carl Strum:

This Where Did I Leave My Glasses?: The What, When, and Why of Normal Memory Loss is great book for you because the content which can be full of information for you who all always deal with world and get to make decision every minute. That book reveal it info accurately using great plan word or we can say no rambling sentences inside it. So if you are read the item hurriedly you can have whole data in it. Doesn't mean it only gives you straight forward sentences but hard core information with splendid delivering sentences. Having Where Did I Leave My Glasses?: The What, When, and Why of Normal Memory Loss in your hand like keeping the world in your arm, information in it is not ridiculous just one. We can say that no reserve that offer you world with ten or fifteen moment right but this publication already do that. So , this really is good reading book. Hey there Mr. and Mrs. stressful do you still doubt this?

Joseph Sutton:

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