



The Memory Illusion: Remembering, Forgetting, and the Science of False Memory

Julia Shaw



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Think you have a good memory? Think again.

Memories are our most cherished possessions. We rely on them every day of our lives. They make us who we are. And yet the truth is they are far from being the accurate record of the past we like to think they are. True, we can all admit to having suffered occasional memory lapses, such as entering a room and immediately forgetting why, or suddenly being unable to recall the name of someone we've met dozens of times. But what if we have the potential for more profound errors of memory, even verging on outright fabrication and self-deception?

In *The Memory Illusion*, forensic psychologist and memory expert Dr Julia Shaw uses the latest research to show the astonishing variety of ways in which our brains can indeed be led astray. She shows why we can sometimes misappropriate other people's memories, subsequently believing them to be our own. She explains how police officers can imprison an innocent man for life on the basis of 300 denials and just one confession. She demonstrates the way radically false memories can be deliberately implanted, leading people to believe that they brutally murdered a loved one, or were abducted by aliens. And she reveals how, in spite of all this, we can improve our memory through simple awareness of its fallibility.

Fascinating and unnerving in equal measure, *The Memory Illusion* offers a unique insight into the human brain, challenging you to question how much you can ever truly know about yourself.



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Reading can be called imagination hangout, why? Because if you are reading a book particularly book entitled The Memory Illusion: Remembering, Forgetting, and the Science of False Memory your head will drift away through every dimension, wandering in each aspect that maybe unidentified for but surely will become your mind friends. Imaging each and every word written in a reserve then become one type conclusion and explanation in which maybe you never get ahead of. The The Memory Illusion: Remembering, Forgetting, and the Science of False Memory giving you yet another experience more than blown away the mind but also giving you useful details for your better life in this particular era. So now let us explain to you the relaxing pattern is your body and mind are going to be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary wasting spare time activity?

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