

Older Adult & Caring

11.3 

Date:

Title: **On the Tip of Your
Tongue – your memory in
later life**

Author(s): **Dr H B Gibson**

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A comprehensive guide devoted to memory in later life that uses commonsense language to explain the nature of memory and forgetting. Also offers information about common memory problems and features easy practical exercises to help overcome memory blockages.

151 pages

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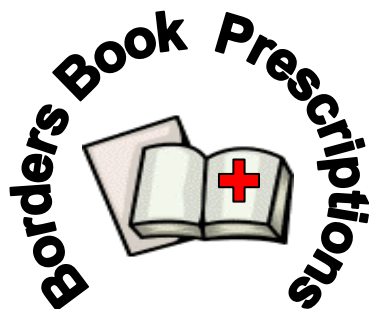
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