CONTENTS

	EDITORIAL FOREWORD	9
	ACKNOWLEDGEMENTS	11
1.	WHAT IS MEMORY? Learning, remembering, and forgetting – Recalling and recognizing – Relearning and saving – The de- velopment of remembering	
2.	MEMORIZING The process – Nature of the material – Characteristics of the learner – Conditions of practice – General rules for directing memorizing	39
3.	WHY DO WE FORGET? The nature of forgetting – Deterioration of the trace – Cerebral dysfunction – Retroactive interference – Altered conditions during remembering	61
4.	RECALLING STORIES AND EVENTS The effect of interpreting – 'The war of the ghosts' – Giving testimony – Rumours and folk-tales	83
5.	REPRESSING Repression in abnormal behaviour – Loss of personal identity – Repression in normal behaviour – Recollect- ing childhood experiences – The memory accentuation effect	110
6.	IMAGING The mind's eye – Negative and positive after mages – Memory images – Photographic memory	135
7.	IMPROVING MEMORY The problem – Practice in memorizing – Mnemonic systems – Organizing	155
	INDEX	183