



## Coping with Memory Problems

By Sallie Baxendale

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Coping with Memory Problems, Sallie Baxendale, 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. This book addresses all forms of memory loss, organic and non-organic; it explores how memory may be affected by stress, anxiety and depression, and suggests practical ways of coping, as well as what to do if you are really concerned. Topics include: Different types of memory such as prospective, autobiographical, and procedural memory How does memory go wrong? - with checklist Why memory may go wrong - normal age related decline, physical illness, medication, hormonal changes, alcohol, neurological damage and disease The role of anxiety in memory problems Mood and memory - how depression affects memory Stress and memory function. Practical strategies that can really help. When to seek further help.



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