



[DOWNLOAD](#)



Carved in Sand: When Attention Fails and Memory Fades in Midlife

By Cathryn Jakobson Ramin

Harper Perennial. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 7.9in. x 5.2in. x 1.0in. Why cant you remember where you put your keys Or the title of the movie you saw last week Anyone older than forty knows that forgetfulness can be unnerving, frustrating, and sometimes terrifying. With compassion and humor, acclaimed journalist Cathryn Jakobson Ramin explores the factors that determine how well or poorly ones brain will age. She takes readers along on her lively journey consulting with experts in the fields of sleep, stress, traumatic brain injury, hormones, genetics, and dementia, as well as specialists in nutrition, cognitive psychology, and the burgeoning field of drug-based cognitive enhancement. Along the way, she turns up fresh scientific findings, explores the dark regions of the human brain, and hears the intimate confessions of high-functioning midlife adults wholike so many of usare desperate to understand exactly whats going on upstairs. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



[READ ONLINE](#)

[5.39 MB]

Reviews

A whole new e book with a brand new point of view. I could possibly comprehended every thing using this written e book. Its been written in an extremely simple way which is only soon after i finished reading through this ebook by which actually modified me, change the way in my opinion.

-- Marcia McDermott

A really awesome ebook with perfect and lucid reasons. Indeed, it is engage in, still an amazing and interesting literature. I am just very easily could possibly get a satisfaction of reading a composed publication.

-- Petra Kuphal