

Discussion Guide



Summary

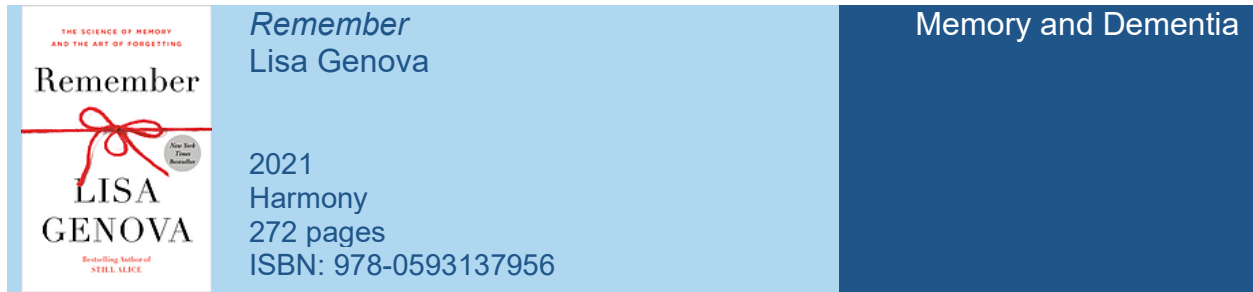
The Harvard-trained neuroscientist presents an exploration of the intricacies of human memory that distinguishes between normal and concerning memory loss while explaining the profound roles of sleep, stress, and other contributing influences.

Questions

1. Did you imagine the penny at beginning of the book? Did you envision it with 100% accuracy? If not, why did you misremember what a penny looks like even though you've seen one hundreds of times?
2. The author suggests that because we remember what we pay attention to, we might want to be mindful about what we focus on. What do you pay attention to? Might that change now, having read the book?
3. What are some things you remember from ten, twenty, thirty years ago? Having read *Remember*, why do you think you've retained these experiences and information and not others?
4. List some things you can do based on "muscle memory." What did it take to create those memories/abilities?
5. Flashbulb memories are memories for experiences that carried big emotion, were highly unexpected, felt personal, and can be vividly recalled years later. Do you have any flashbulb memories?
6. Memories for what happened can change over time and with each recall. Might some of your memories have drifted from how events played out?
7. Why do we experience more "tip of the tongue" moments with proper names, titles, and places versus regular nouns?
8. Prospective memory is your memory for what you intend to do later, and all human brains are poorly designed for this kind of recall. What kinds of external aids can you use to augment your prospective memory (dis)ability?

Terms of use: This discussion guide is attributed to [Penguin Random House](#) and is reformatted by the Network of the National Library of Medicine (NNLM) for educational use. It does not reflect necessarily the views or opinions of the sponsoring agencies of the National Library of Medicine (NLM) and the National Institutes of Health (NIH).

Discussion Guide



9. We tend to villainize forgetting. Has your perspective on forgetting changed? In what instances might forgetting be beneficial? Where can you relax?
10. How much sleep do you get? Knowing how essential a good night's sleep is for memory, are you reconsidering your nighttime routine or changing your sleep habits?
11. What's your biggest takeaway from the book?
12. Has your relationship with your memory changed? How so?

Terms of use: This discussion guide is attributed to [Penguin Random House](#) and is reformatted by the Network of the National Library of Medicine (NNLM) for educational use. It does not reflect necessarily the views or opinions of the sponsoring agencies of the National Library of Medicine (NLM) and the National Institutes of Health (NIH).