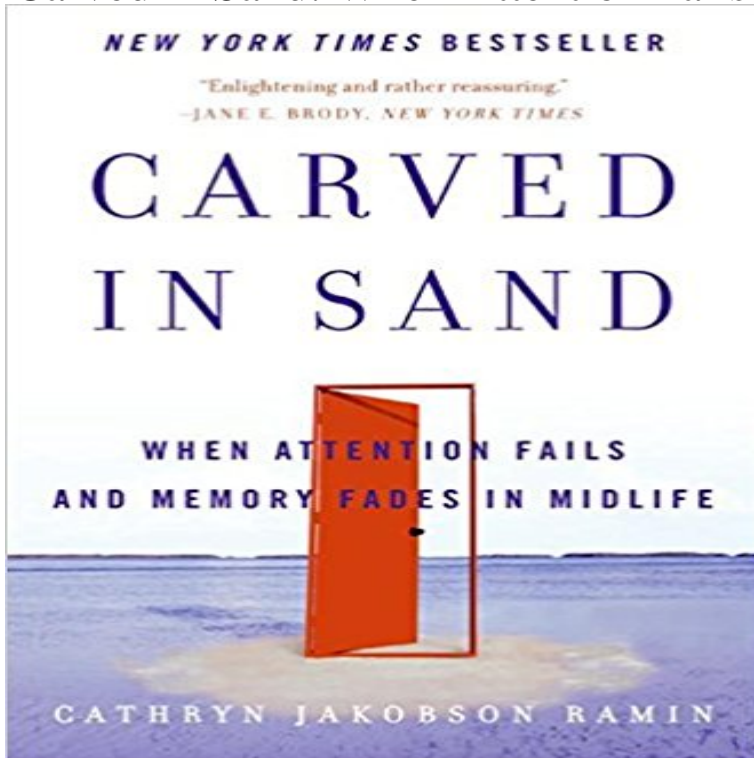


Carved in Sand: When Attention Fails and Memory Fades in Midlife



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 journeyâ€”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 whoâ€”like so many of usâ€”are desperate to understand exactly whats going on upstairs.

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