

OFFICIAL EBOOK PREVIEW

Why We Remember: Unlocking Memory's Power to Hold on to What Matters, 4.6 by Charan Ranganath (AZW3)

 Charan Ranganath | Rating: 4.6/5 

Why We Remember: Unlocking Memory's Power to Hold on to What Matters by Charan Ranganath

Written by Idraoyhac

Why We Remember



UNLOCKING MEMORY'S POWER TO
HOLD ON TO WHAT MATTERS

Charan Ranganath, PhD

Introduction

Memory is far more than a record of the past. In this groundbreaking tour of the mind and brain, one of the world's top memory researchers reveals the powerful role memory plays in nearly every aspect of our lives, from recalling faces and names, to learning, decision-making, trauma and healing. A new understanding of memory is emerging from the latest scientific research. In *Why We Remember*, pioneering neuroscientist and psychologist Charan Ranganath radically reframes the way we think about the everyday act of remembering. Combining accessible language with cutting-edge research, he reveals the surprising ways our brains record the past and how we use that information to understand who we are in the present, and to imagine and plan for the future. Memory, Dr. Ranganath shows, is a highly transformative force that shapes how we experience the world in often invisible and sometimes destructive ways. Knowing this can help us with daily remembering tasks, like finding our keys, and with the challenge of memory loss as we age. What's more, when we work with the brain's ability to learn and reinterpret past events, we can heal trauma, shed our biases, learn faster, and grow in self-awareness. Including fascinating studies and examples from pop culture, and drawing on Ranganath's life as a scientist, father, and child of immigrants, *Why We Remember* is a captivating read that unveils the hidden role memory plays throughout our lives. When we understand its power-- and its quirks--we can cut through the clutter and remember the things we want to remember. We can make freer choices and plan a happier future.

Purpose of This Publication

This document is presented as an informational publication intended to provide general insight and educational context related to the subject matter. The content is designed for reading and reference purposes only.

Publication Information

Format: Digital Publication

Language: English

Rating: 4.6

Author: Charan Ranganath

Additional information is available at:

www.incdedger.org

Researchhub© All rights reserved. 2026

This publication is provided for reading and reference. Redistribution or commercial use without permission is not permitted.

BEST SELLER

EBOOK

LITERATURE

MUST READ

RESOURCE LINK

Unlock the Full Experience

*Access the complete version, exclusive chapters, and additional materials related to **Why We Remember: Unlocking Memory's Power to Hold on to What Matters.***

[Read Full Version Now →](#)

© 2026 Digital Library Press. All rights reserved.

DOC-ID: 157981712