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# The Memory Illusion: Remembering, Forgetting, and the Science of False Memory

*Dr. Julia Shaw*

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Think you have a good memory? Think again. Memories are our most cherished possessions. We rely on them every day of our lives. They make us who we are. And yet the truth is they are far from being the accurate record of the past we like to think they are. True, we can all admit to having suffered occasional memory lapses, such as entering a room and immediately forgetting why, or suddenly being unable to recall the name of someone we've met dozens of times. But what if our minds have the potential for more profound errors, that enable the manipulation or even outright fabrication of our memories? In *The Memory Illusion*, forensic psychologist and memory expert Dr. Julia Shaw uses the latest research to show the astonishing variety of ways in which our brains can indeed be led astray. She shows why we can sometimes misappropriate other people's memories, subsequently believing them to be our own. She explains how police officers can imprison an innocent man for life on the basis of many denials and just one confession. She demonstrates the way radically false memories can be deliberately implanted, leading people to believe they had tea with Prince Charles, or committed crimes that never happened. And she reveals how, in spite of all this, we can improve our memory through simple awareness of its fallibility. Fascinating and unnerving in equal measure, *The Memory Illusion* offers a unique insight into the human brain, challenging you to question how much you can ever truly know about yourself.

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