



# **Unchained Memories: True Stories Of Traumatic Memories Lost And Found**

Lenore Terr

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Can a long-forgotten memory of a horrible event suddenly resurface years later? How can we know whether a memory is true or false? Seven spellbinding cases shed light on why it is rare for a reclaimed memory to be wholly false. Here are unforgettable true stories of what happens when people remember what they've tried to forget—plus one case of genuine false memory. In the best detective-story fashion, using her insights as a psychiatrist and the latest research on the mind and the brain, Lenore Terr helps us separate truth from fiction.



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