

Hurting Memories And Beneficial Forgetting

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~~Michael Klaper, M.D. - Vegan Nutrition: Pure and Simple - Offstage Interview - 2019~~

~~The Beauty of Remembrance - Matt Kahn Steve Kaufmann - How many words do we need to know?~~

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Bad memories can underlie a number of problems, from post-traumatic stress disorder to phobias. When an unwanted memory intrudes on the mind, it is a natural human reaction to want to block it out....

Unwanted memories: How to forget them

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