



# Remembered Self: Emotion and Memory in Personality

*Jefferson A. Singer, Peter Salovey*

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**Remembered Self: Emotion and Memory in Personality** Jefferson A. Singer, Peter Salovey  
**A theory for psychologists on the role of memory in personality psychology.**

In *The Remembered Self*, Jefferson A. Singer and Peter Salovey persuasively argue that memories are an important window into one's life story, revealing characteristic moods, motives, and thinking patterns. Through experimental evidence, clinical case material, and examples from literature, the authors offer a fresh perspective on the role of memory in personality and clinical psychology.

Unlike the conventional psychoanalytic approach to memory, which concentrates on what is forgotten, Singer and Salovey treat memory in a new and different way with an emphasis on what is remembered. Theirs is a bold new theory of memory and self that is both comprehensive and accessible.

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