Based upon a 5-year longitudinal research study using the LIM | Life-line Interview Method, in which young, middle-aged, and older men and women were interviewed three times, this book provides a completely new perspective on the dynamics of both retrospective and prospective memory. What is recalled, how it is evaluated, and the relationships between gender, age, and memory over the course of life are reported, as is the bump effect demonstrated using the LIM, with older adults recalling a disproportionate number of events from adolescence and early adulthood, thus contradicting classical views of life-long memory.

This volume also presents the first authorized version of the Schroots’ LIM | Life-line Interview Method, which asks people to draw their life-line and tell their own life-story for both past and future. Results obtained using the LIM should be interpreted, qualitatively and quantitatively, in the light of the longitudinal data presented here.