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The dynamic memory system: The encoding, consolidation and forgetting process of memory

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The study on human memory in modern psychology has lasted for more than a century. Memory is a dynamic process. New memories are encoded and stored mainly in the hippocampus. Consolidation stabilizes newly formed memory and enables the memory to be preserved. However, recent evidence has shown that consolidation is not a one-way process. With the retrieval or reactivation of memory, the consolidated memory returns to an unstable state, thus requiring a reconsolidation process to preserve. The reconsolidation process of memory in human opens a new window