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Detailed Outline

I. Introduction:

-Definition of memory

-Importance of memory in daily life

-Explanation of memory persistence and transcience

-Overview of the article "The Persistence and Transcience of Memory" by Blake Richards

II. Memory Persistence:

-Definition of memory persistence

-Examples of persistent memories

-Explanation of long-term potentiation (LTP)

-Importance of memory persistence in learning and cognition

III. Memory Transcience:

-Definition of memory transcience

-Examples of transient memories

-Explanation of synaptic decay

-Benefits of memory transcience in learning and cognition

IV. Memory Updating:

-Definition of memory updating

-Examples of memory updating

-Explanation of memory reconsolidation

V. Implications for Future Research:

-Questions raised by the article for future research

-Potential role of sleep in memory consolidation and updating

-Use of technology to enhance memory performance

VI. Conclusion

-Summary of main points

-Importance of understanding memory persistence, transcience, and updating

-Contribution of the article to the field of memory research

-Call for further research to fully understand the complex nature of human memory.

Works Cited

Richards, Blake. "The Persistence and Transcience of Memory." Neuron, vol. 94, no. 6, 2017, https://doi.org/10.1016/j.neuron.2017.04.037. Accessed 7 Feb. 2023.