

Access Free Dreaming A Very
Short Introduction J Allan
Hobson

**Dreaming A Very
Short
Introduction J
Allan Hobson**

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Explores sleep disorders, describes breakthroughs in the study of sleep, and considers the impact of modern society on it.

Dreaming A Very Short
Introduction Oxford University
Press

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What is knowledge? Is it the same as opinion or truth? Do you need to be able to justify a claim in order to count as knowing it? How can we know that the outer world is real and not a dream? Questions like these have existed since

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ancient times, and the branch of philosophy dedicated to answering them - epistemology - has been active for thousands of years. In this thought-provoking Very Short Introduction, Jennifer Nagel considers the central

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problems and paradoxes in the theory of knowledge and draws attention to the ways in which philosophers and theorists have responded to them. By exploring the relationship between knowledge and truth, and

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considering the problem of scepticism, Nagel introduces a series of influential historical and contemporary theories of knowledge, incorporating methods from logic, linguistics, and psychology, using a number of

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everyday examples to demonstrate the key issues and debates. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These

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pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly

Access Free Dreaming A Very Short Introduction J Allan Hobson readable.

Quantum Theory is the most revolutionary discovery in physics since Newton. This book gives a lucid, exciting, and accessible account of the surprising and counterintuitive ideas that shape

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our understanding of the sub-atomic world. It does not disguise the problems of interpretation that still remain unsettled 75 years after the initial discoveries. The main text makes no use of equations, but there is a Mathematical

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Appendix for those desiring stronger fare. Uncertainty, probabilistic physics, complementarity, the problematic character of measurement, and decoherence are among the many topics discussed. ABOUT THE

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authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

The Psychology of Dreams
Appreciating Dreams

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Active Dreaming

The Dreaming Brain

The Secret History of Dreaming

Of Mice and Men

Schizophrenia is the archetypal form of madness. Schizophrenia is a common disorder and has a

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devastating effect on sufferers and their families-patients typically hear voices in their heads and hold bizarre beliefs. The schizophrenic patient presented to the public in sensational press reports and lurid films bears little resemblance to reality of the

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illness. This book describes what schizophrenia is really like, how the illness progresses, and the treatments that have been applied. It also summarizes the most up-to-date knowledge available about the biological bases of this disorder.

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Finally it attempts to give some idea of what it is like to have schizophrenia and what this disorder tells us about the relationship between mind and brain. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains

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hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and

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challenging topics highly readable.

From the beginning of time, humans have been driven by both a fear of the unknown and a curiosity to know. We have always yearned to know what lies ahead, whether threat or safety, scarcity or abundance. Throughout

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human history, our forebears tried to create certainty in the unknown, by seeking to influence outcomes with sacrifices to gods, preparing for the unexpected with advice from oracles, and by reading the stars through astrology. As scientific methods

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improve and computer technology develops we become ever more confident of our capacity to predict and quantify the future by accumulating and interpreting patterns from the past, yet the truth is there is still no certainty to be had. In

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this Very Short Introduction Jennifer
Gidley considers some of our most
burning questions: What is -the
future?- Is the future a time yet to
come? Or is it a utopian place? Does
the future have a history? Is there
only one future or are there many

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possible futures? She asks if the future can ever be truly predicted or if we create our own futures -both hoped for and feared - by our thoughts, feelings, and actions, and concludes by analyzing how we can learn to study the future. ABOUT THE

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combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

Tells a story about the strange relationship of two migrant workers who are able to realize their dreams of

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an easy life until one of them succumbs to his weakness for soft, helpless creatures and strangles a farmer's wife.

In this book J. Allan Hobson sets out a compelling—and controversial—theory of

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consciousness. Our brain-mind, as he calls it, is not a fixed identity but a dynamic balancing act between the chemical systems that regulate waking and dreaming. With a new foreword by the author. In this book, J. Allan Hobson sets out a compelling—and

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controversial—theory of consciousness. Our brain-mind, as he calls it, is not a fixed identity but a dynamic balancing act between the chemical systems that regulate waking and dreaming. Drawing on his work both as a sleep researcher and as a

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psychiatrist, Hobson looks in particular at the strikingly similar chemical characteristics of the states of dreaming and psychosis. His underlying theme is that the form of our thoughts, emotions, dreams, and memories derive from specific nerve

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cells and electrochemical impulses described by neuroscientists. Among the questions Hobson explores are: What are dreams? Do they have any hidden meaning, or are they simply emotionally salient images whose peculiar narrative structure reflects the

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unique neurophysiology of sleep? And what is the relationship between the delirium of our dream life and psychosis? Originally published by Little, Brown under the title The Chemistry of Conscious States. Dreams From My Father

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Jungian Dream Interpretation

An Introduction to Dream

Manipulation

Journeying Beyond Self-Limitation to
a Life of Wild Freedom

An Introduction to the Understanding
of Dreams, Fairy Tales, and Myths

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SHORTLISTED FOR THE MAN
BOOKER INTERNATIONAL PRIZE
2017

*This Very Short
Introduction brings
together the latest
research in neuroscience*

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*and psychology - weaving
in case-studies,
anecdotes, literature, and
philosophy - to explore
and explain the science of
memory - how it works, and
why we can't live without*

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it.

*Up to the 1960s,
psychology was deeply
under the influence of
behaviourism, which
focused on stimuli and
responses, and regarded*

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*consideration of what may
happen in the mind as
unapproachable
scientifically. This began
to change with the
devising of methods to try
to tap into what was going*

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*on in the 'black box' of
the mind, and the
development of 'cognitive
psychology'. With the
study of patients who had
suffered brain damage or
injury to limited parts of*

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*the brain, outlines of
brain components and
processes began to take
shape, and by the end of
the 1970s, a new science,
cognitive neuroscience,
was born. But it was with*

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*the development of ways of
accessing activation of
the working brain using
imaging techniques such as
PET and fMRI that
cognitive neuroscience
came into its own, as a*

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*science cutting across
psychology and
neuroscience, with strong
connections to philosophy
of mind. Experiments
involving subjects in
scanners while doing*

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*various tasks, thinking,
problem solving, and
remembering are shedding
light on the brain
processes involved. The
research is exciting and
new, and often makes media*

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*headlines. But there is
much misunderstanding
about what brain imaging
tells us, and the
interpretation of studies
on cognition. In this Very
Short Introduction Richard*

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Passingham, a distinguished cognitive neuroscientist, gives a provocative and exciting account of the nature and scope of this relatively new field, and the

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techniques available to us, focusing on investigation of the human brain. He explains what brain imaging shows, pointing out common misconceptions, and gives

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*a brief overview of the
different aspects of human
cognition: perceiving,
attending, remembering,
reasoning, deciding, and
acting. Passingham
concludes with a*

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*discussion of the exciting
advances that may lie
ahead. ABOUT THE SERIES:
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facts, analysis,*

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*perspective, new ideas,
and enthusiasm to make
interesting and
challenging topics highly
readable.*

*Julie Flygare was on an
ambitious path to success,*

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*entering law school at age
22, when narcolepsy
destroyed the neurological
boundaries between
dreaming and reality in
her brain. She faced
terrifying hallucinations,*

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*paralysis and excruciating
sleepiness - aspects of
dream sleep taking place
while wide awake. Yet,
narcolepsy was a wake-up
call for Julie. Her
illness propelled her onto*

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*a journey she never
imagined - from lying
paralyzed on her apartment
floor to dancing
euphorically at a
nightclub; from the
classrooms of Harvard*

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*Medical School to the
start line of the Boston
Marathon. Wide Awake and
Dreaming is a revealing
first-hand account of
dreams gone wrong with
narcolepsy. It's the brave*

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*story of one woman
trampling over barriers
and finding light in the
darkest of circumstances.
Surveys modern brain
research, and argues that
dreams are transparent*

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*psychological phenomena
resulting from brain
activity on the molecular
and cellular levels
Reality: A Very Short
Introduction
The Lathe Of Heaven*

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A Novel

*The Interpretation of
Dreams*

*Unlocking the Power of
Sleep and Dreams*

Why We Sleep

Comprehensive guide to an

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understanding of dreams in light of the basic principles of analytical psychology. Particular attention to common motifs, the role of complexes, and the goal and purpose of dreams.

An international bestseller which

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has sold over a million copies in the UK, *Dreams From My Father* is a refreshing, revealing portrait of a young man asking big questions about identity and belonging. The son of a Black African father and a white American mother, Barack

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Obama recounts an emotional odyssey, retracing the migration of his mother's family from Kansas to Hawai'i, then to his childhood home in Indonesia. Finally he travels to Kenya, where he confronts the bitter truth of his

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father's life and at last reconciles his divided inheritance. Written nearly fifteen years before becoming president, *Dreams from My Father* is an unforgettable read. It illuminates not only Obama's journey, but also our

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universal desire to understand our history and what makes us who we are.

George Orr discovers that his dreams possess the remarkable ability to change the world, and when he falls into the hands of a

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power-mad psychiatrist, he counters by dreaming up a perfect world that can overcome his nightmares, in a new edition of the classic science fiction novel. Reprint. 20,000 first printing. What is dreaming? Why are

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dreams so strange and why are they so hard to remember? In this fascinating book, Harvard researcher Allan Hobson offers an intriguing look at our nightly odyssey through the illusory world of dreams. Hobson describes how

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the theory of dreaming has advanced dramatically over the past fifty years, sparked by the use of EEGs in the 1950s and by recent innovations in brain imaging. We have learned for instance that, in dreaming, some

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areas of the brain are very active--the visual and auditory centers, for instance--while others are completely shut down, including the centers for self-awareness, logic, and memory. Thus we can have visually vivid

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dreams, but be utterly unaware that the sequence of events or locales may be bizarre and, quite often, impossible. And because the memory center is inactive, we don't remember the dream at all, unless we wake up while it is in

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progress. Hobson also shows that modern research has disproved most of Freud's *The Interpretation of Dreams* (as one scientist put it, "Freud was 50% right and 100% wrong"), but we have gained new insight into the nature of mental

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illness. The book also discusses dream disorders (nightmares, night terrors, sleep walking), the possible link between dreaming and the regulation of body temperature, the effects of sleep deprivation, and much more. With

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special boxed features that highlight intriguing questions--Do we dream in color? (yes), Do animals dream? (probably), Do men and women dream differently? (no)--Dreaming offers a cutting-edge account of the most

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mysterious area of our mental life.

Dreams and Dreaming

Jung

Schizophrenia: A Very Short

Introduction

Cognitive Neuroscience

How the Brain Goes Out of Its Mind

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Thought: A Very Short Introduction

A record of the writer's actual dreams is populated by characters from his novels.

Consciousness, "the last great mystery for

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science," remains a hot topic. How can a physical brain create our experience of the world? What creates our identity? Do we really have free will? Could

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*consciousness itself be
an illusion? Exciting
new developments in
brain science are
continuing the debates
on these issues, and the
field has now expanded*

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*to include biologists,
neuroscientists,
psychologists, and
philosophers. This
controversial book
clarifies the
potentially confusing*

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arguments, and the major theories, whilst also outlining the amazing pace of discoveries in neuroscience. Covering areas such as the construction of self in

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*the brain, mechanisms of
attention, the neural
correlates of
consciousness, and the
physiology of altered
states of consciousness,
Susan Blackmore*

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*highlights our latest
findings. ABOUT THE
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every subject area.

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expert authors combine
facts, analysis,*

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*perspective, new ideas,
and enthusiasm to make
interesting and
challenging topics
highly readable.*

*Big dreams are rare but
highly memorable dream*

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experiences that make a strong and lasting impact on the dreamer's waking awareness. Moving far beyond "I forgot to study and the finals are today" and other common

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*scenarios, such dreams
can include vivid
imagery, intense
emotions, fantastic
characters, and an
uncanny sense of being
connected to forces*

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*beyond one's ordinary
dreaming mind. In Big
Dreams, Kelly Bulkeley
provides the first full-
scale cognitive
scientific analysis of
such dreams, putting*

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*forth an original theory
about their formation,
function, and meaning.
Big dreams have played
significant roles in
religious and cultural
history, but because of*

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*their infrequent
occurrence and
fantastical features,
they have rarely been
studied in light of
modern science. We know
a great deal about the*

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*religious manifestations
of big dreams throughout
history and around the
world, but until now
that cross-cultural
knowledge has never been
integrated with*

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scientific research on their psychological roots in the brain-mind system. In Big Dreams, Bulkeley puts a classic psychological thesis to the scientific test by

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clarifying and improving it with better data, sharper analysis, and a broader evolutionary framework. He brings evidence from multiple sources, shows patterns

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*of similarity and
difference, questions
prior assumptions, and
provides predictive
models that can be
applied to new sets of
data. The notion of a*

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*connection between
dreaming and religion
has always been
intuitively compelling;
Big Dreams transforms it
into a solid premise of
religious studies and*

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brain-mind science.

*Combining evidence from
religious studies,
psychology,
anthropology,
evolutionary biology,
and neuroscience, Big*

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Dreams makes a compelling argument that big dreams are a primal wellspring of religious experience. They represent an innate, neurologically hard-

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*wired capacity of our
species that regularly
provokes greater self-
awareness, creativity,
and insight into the
existential challenges
and spiritual potentials*

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of human life.

*What, if anything, do
dreams tell us about
ourselves? What is the
relationship between
types of sleep and types
of dreams? Does dreaming*

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*serve any purpose? Or
are dreams simply
meaningless mental
noise--"unmusical
fingers wandering over
the piano keys"? With
expertise in philosophy,*

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*psychology, and
neuroscience, Owen
Flanagan is uniquely
qualified to answer
these questions. And in
Dreaming Souls he
provides both an*

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*accessible survey of the
latest research on sleep
and dreams and a
compelling new theory
about the nature and
function of dreaming.
Flanagan argues that*

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while sleep has a clear biological function and adaptive value, dreams are merely side effects, "free riders," irrelevant from an evolutionary point of

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*view. But dreams are
hardly unimportant.*

*Indeed, Flanagan argues
that dreams are self-
expressive, the result
of our need to find or
to create meaning, even*

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when we're sleeping.

*Rejecting Freud's theory
of manifest and latent
content--of repressed
wishes appearing in
disguised form--Flanagan
shows how brainstem*

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*activity during sleep
generates a jumbled
profusion of memories,
images, thoughts,
emotions, and desires,
which the cerebral
cortex then attempts to*

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*shape into a more or
less coherent story.
Such dream-narratives
range from the
relatively mundane
worries of non REM sleep
to the fantastic*

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*confabulations of deep
REM that resemble
psychotic episodes in
their strangeness. But
however bizarre these
narratives may be, they
can shed light on our*

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*mental life, our well
being, and our sense of
self. Written with
clarity, lively wit, and
remarkable insight,
Dreaming Souls offers a
fascinating new way of*

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*apprehending one of the
oldest mysteries of
mental life.*

*Memory: A Very Short
Introduction*

*An Introduction to the
Science of Sleep*

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Book of Dreams

Circadian Rhythms
Dreaming

"Sleep is one of the most
important but least
understood aspects of our

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life, wellness, and longevity
... An explosion of scientific
discoveries in the last twenty
years has shed new light on
this fundamental aspect of
our lives. Now ...
neuroscientist and sleep

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expert Matthew Walker gives
us a new understanding of
the vital importance of sleep
and

dreaming"--Amazon.com.

Lucid dreaming is the
realization that you are

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inside a dream--and longtime expert Cyrena Lee explores its history and therapeutic benefits, including eliminating sleep issues, rewriting traumas, and promoting creativity.

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She coaches you through exercises to remember dreams, keep a dream journal, fall asleep while conscious, and practice dream meditation and dreaming yoga. She includes

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some advanced techniques, such as talking to dream characters. This exciting guide presents uncharted opportunities for growth. 'What is real?' has been one of the key questions of

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philosophy since its beginning in antiquity. But it is not just a question that philosophers ask. This Very Short Introduction discusses what reality is by looking at a variety of arguments,

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theories, and thought-
experiments from
philosophy, physics, and
cognitive science.

Though he was a prolific
writer and an original thinker
of vast erudition, Jung lacked

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a gift for clear exposition and his ideas are less widely appreciated than they deserve. In this concise introduction, Anthony Stevens explains clearly the basic concepts of Jungian

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psychology: the collective unconscious, complex, archetype, shadow, persona, anima, animus, and the individuation of the Self. He examines Jung's views on such disparate subjects as

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myth, religion, alchemy,
'synchronicity', and the
psychology of gender
differences, and he devotes
separate chapters to the
stages of life, Jung's theory
of psychological types, the

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interpretation of dreams, the practice of Jungian analysis, and to the unjust allegation that Jung was a Nazi sympathizer. Finally, he argues that Jung's visionary powers and profound

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spirituality have helped many to find an alternative set of values to the arid materialism prevailing in Western society. ABOUT THE SERIES: The Very Short Introductions series from

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combine facts, analysis,
perspective, new ideas, and
enthusiasm to make
interesting and challenging
topics highly readable.

The Science of Dreaming
and the Origins of Religion

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Knowledge

The Oxford Book of Dreams

A Very Short Introduction

Dreaming Souls

A Story of Race and

Inheritance

'Review from previous edition A

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*rich fabric of dreaming... from
Latin poets to Louis MacNiece
and Yeats... A truly remarkable
assembly' -Elizabeth Jennings,
Spectator'a splendid collection...
Stephen Brook could hardly have
done the job better' -Rosemary*

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*Dinnage, TLS'an ideal
companion for the bedside'
-Time'Anthologies which
transcend themselves and can
stand as organic books making
serious statements about life
[are] very rare, but Stephen*

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*Brook's Oxford Book of Dreams
is of their number.'* -Paul Binding,
New Statesman

*'What is real?' has been one of
the key questions of philosophy
since its beginning in antiquity. It
is a question that, due to such*

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*films as The Matrix, has also
made its way into popular culture.
But it is not just a question
philosophers ask. It is also asked
by scientists when they
investigate whether the
fundamental constituents of*

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matter are actually 'out there' or just a mere abstraction from a successful theory. Cognitive scientists ask it when trying to find out which set of the bewildering array of data processed by our brain could

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*constitute the basis for such
supposedly fundamental entities
like the free agent or the self.
This Very Short Introduction
discusses what reality is by
looking at a variety of arguments,
theories and thought-experiments*

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*from philosophy, physics, and
cognitive science. ABOUT THE
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books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

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What is dreaming, and what causes it? Why are dreams so strange and why are they so hard to remember? Replacing dream mystique with modern dream science, J. Allan Hobson provides a new and increasingly

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*complete picture of how
dreaming is created by the brain.
Focusing on dreaming to explain
the mechanisms of sleep, this
book explores how the new
science of dreaming is affecting
theories in psychoanalysis, and*

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how it is helping our understanding of the causes of mental illness. J. Allan Hobson investigates his own dreams to illustrate and explain some of the fascinating discoveries of modern sleep science, while challenging

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some of the traditionally accepted theories about the meaning of dreams. He reveals how dreaming maintains and develops the mind, why we go crazy in our dreams in order to avoid doing so when we are

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awake, and why sleep is not just good for health but essential for life. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These

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pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly

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readable.

*The author of Conscious
Dreaming and The Three "Only"
Things poses arguments for
understanding one's dreams in
order to resolve past events and
prepare for the future, explaining*

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*the practices of ancient dreaming
cultures and the dream
experiences of famous historical
figures.*

Dreaming as Delirium

*Quantum Theory: A Very Short
Introduction*

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A Little Bit of Lucid Dreaming

*Consciousness: a Very Short
Introduction*

Fever Dream

*Dreaming: A Very Short
Introduction*

Praise for DREAMING

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DANGEROUSLY 5 out of 5 star reviews: Once I read the first page, I couldn't put it down until I finished it. Dreaming Dangerously is a book I would recommend to anyone to read... the Author is skilled.

-Dominique, Goodreads.com It really

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just blew me away how much I loved reading this book. Chani,
Goodreads.com I loved Dreaming Dangerously. Mind reading is one of those things not all authors can write about. Dreaming Dangerously is a book I would highly recommend. -

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Kris Spor, Amazon customer

Overview of DREAMING

DANGEROUSLY: A teen mind-reader tries to keep her secret from the gossips at her high school. A popular boy who finds out. Her nightmares start to come true. She must learn to

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trust him before it's too late to stop
the tragedy that awaits. FOR
ANYONE WHO WANTS YOUNG
ADULT SCIENCE
FICTION/FANTASY and can't get
enough of Hunger Games, and
Evermore, then you must read

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DREAMING DANGEROUSLY as
your next YA thriller!! Other works
by Kathleen Suzette

Harsch: DARKNESS DESCENDS,
book 2 of the Children of the Psi
series is out now!

Renowned psychoanalyst Erich

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Fromm investigates the universal language of symbols, expressed through dream and myths, and how it illuminates our humanity. In this study, Erich Fromm opens up the world of symbolic language, “ the one foreign language that each of us

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must learn. ” Understanding symbols, he posits, helps us reach the hidden layers of our individual personalities, as well as connect with our common human experiences. By grasping the symbolic language of dreams, Fromm explains, we can then

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also understand the deeper wisdom of myths, art, and literature. This also gives us access to what we, and our society, usually repress. Fromm shares the history of dream interpretations, and demonstrates his analysis of many types of dreams. This ebook features

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an illustrated biography of Erich Fromm including rare images and never-before-seen documents from the author ' s estate.

Our dreams fascinate us as individuals and as a society. What do surveys report people dream about? How

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about the dreams of the blind? The mentally ill? What does research show about the possibility of dream telepathy? How did the ancient people view dreams? This wide-ranging book also discusses such topics as REM studies, the effects of

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experimental stimulation on dream content, research on dreams and creativity, symbolism, and nightmares. The book explores a number of techniques used to analyze dreams, illustrating these approaches with dream examples and case studies.

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In this fascinating book, Harvard researcher Hobson offers an intriguing look at the nightly odyssey through the illusory world of dreams. Hobson describes how the theory of dreaming has advanced dramatically over the past 50 years, sparked by the

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use of EEGs in the 1950s and by recent innovations in brain imaging.

20 illustrations.

The Future

Sleep: A Very Short Introduction

A Memoir of Narcolepsy

Jung: A Very Short Introduction

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Dreaming Dangerously

Wide Awake and Dreaming

Discusses the development of theories relating to dreams and the techniques used for discovering their meaning, reviews the findings of dream science in the areas of psychology, neurology, and

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biology, looks at how dreams are formed, and provides advice on how to decipher them.

As the success of the recent film Inception shows, dreams are a source of perennial fascination. Robert Moss has advanced our understanding of the phenomenon with his visionary and down-

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to-earth synthesis of contemporary dreamwork and venerable shamanic methods. His “active dreaming” involves re-entering dreams, exploring their possibilities, and directing the subconscious to illuminate and solve problems. He blazes a new trail, guiding readers to use the powers that govern

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their night dreams to pursue their ideal waking “dream lives.” Based on Moss's decades of teaching, the techniques he shares in these pages are proven, powerful, and even playful. Readers learn to understand and utilize synchronicity, shared dreaming, children's dreams, and healing dreams.

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The examples Moss shares encourage readers to face fears and tap into dormant power. The result is the freedom to choose — and then revel in — the life of their dreams.

Our dreams speak to us in a language all of us can learn. Eloquenty written by the dream specialist of our age, Appreciating

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Dreams develops a comprehensive technique for exploring dreams in small group settings. The shared trust and safety of a group structure can stimulate creativity and imagination and help the dreamer find her or his way into the dream. This approach to understanding dreams shows how natural and effective

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dream work with groups can be. It is always exciting to help the dreamer hear what the dream is saying in its own true voice. "In Appreciating Dreams, Ullman continues to empower the dreamer, providing detailed instructions for laypeople who are motivated by a quest for mutual growth and self-

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*understanding." - Stanley Krippner,
Ph.D., Saybrook Institute "Appreciating
Dreams makes available to people, not
just patients, a supportive, protected
method for establishing a living contact
with our valuable inner experiences." -
Milton Kramer, M.D., University of
Cincinnati "Appreciating Dreams is a*

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wonderful book. It is a complete handbook for dream group leaders and for anyone interested in working with dreams in a group." - Ernest Hartmann, M.D., Tufts University AUTHOR (or ORGANIZATION) BLURB [to appear on back cover]: MONTAGUE ULLMAN, M.D., is a New Yorker who attended

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Townsend Harris Hall, the City College of New York, and New York University School of Medicine, where he received his medical degree in 1938. Following his internship and residencies in neurology and psychiatry, he served as a captain in the army medical corps both here and abroad from 1942 to 1945. A graduate of

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*the Comprehensive Course in
Psychoanalysis at the New York Medical
College, he became a member of the
faculty there in 1950. In 1961, he left
private practice to head a department of
psychiatry at the Maimonides Medical
Center in Brooklyn. His interest in
preventive psychiatry led to the opening*

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of the first fully operational community mental health centers in New York City in 1967. His research interest led to the establishment of a sleep laboratory devoted to the exploration of the paranormal dream. Dr. Ullman is a Charter Fellow of the American Academy of Psychoanalysis and is currently

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Clinical Professor Emeritus, Department of Psychiatry at the Albert Einstein College of Medicine. Dr. Ullman has written numerous papers on the neuro-physiological, clinical, and social aspects of dreams and is the author and coauthor of several books, including Dream

Telepathy (1988) and Working With

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Dreams (1979), and is coeditor of the Handbook of States of Consciousness (1986) and The Variety of Dream Experience (1988).

With the unveiling in 2009 of Jung's famous Red Book-considered the most influential unpublished work in the history of psychology-this great 20th-

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century thinker is in the public eye more than ever before. Here, Anthony Stevens lays out the basic concepts of Jungian psychology; examines Jung's views on such disparate subjects as myth, religion, gender differences, dreams, and analysis; and addresses the unjust allegation that Jung was a Nazi sympathizer.

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A Handbook of Theory and Practice

A MIDSUMMER-NIGHT'S DREAM

Private Myths

Young Adult Science Fiction Thriller

*Sleep, Dreams and the Evolution of the
Conscious Mind*

Big Dreams

There is no denying that

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thinking comes naturally to human beings. But what are thoughts? How is thought realized in the brain? Does thinking occur in public or is it a purely private affair? Do young children and non-

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human animals think? Is human thought the same everywhere, or are there culturally specific modes of thought? What is the relationship between thought and language? What kind of

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responsibility do we have for our thoughts? In this compelling Very Short Introduction, Tim Bayne looks at the nature of thought. Beginning with questions about what

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thought is and what distinguishes it from other kinds of mental states, he goes on to examine various interpretations of thought from philosophy, psychology, neuroscience, and

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anthropology. By exploring the logical structures of thought and the relationship between thought and other mental phenomena, as well as the mechanisms that make thought possible and

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the cultural variations that may exist in our thought processes, Bayne looks at what we know - and don't know - about our great capacity for thought. ABOUT THE SERIES: The Very Short

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masterwork that launched
psychoanalysis." -- Time.

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monumental treatise that
transformed the Viennese
neurologist into a cause

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câeláebre, this exploration of the dream world features dozens of fascinating case studies and Freud's engrossing analyses of actual dreams. "--

SOON TO BE A MAJOR

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NETFLIX DRAMA

SHORTLISTED FOR THE MAN

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PRIZE 2017 'The book I wish I

had written' Lisa Taddeo,

author of Three Women and

Animal A young woman

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named Amanda lies dying in a rural hospital clinic. A boy named David sits beside her. She's not his mother. He's not her child. The two seem anxious and, at David's ever more insistent prompting,

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Amanda recounts a series of events from the apparently recent past. As David pushes her to recall whatever trauma has landed her in her terminal state, he unwittingly opens a chest of horrors, and

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suddenly the terrifying nature of their reality is brought into shocking focus. One of the freshest new voices to come out of the Spanish language, Samanta Schweblin creates an aura of

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strange and deeply
unsettling psychological
menace in this cautionary
tale of maternal love, broken
souls and the power and
desperation of family.

The earth's daily rotation

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affects just about every living creature. From dawn through to dusk, there are changes in light, temperature, humidity, and rainfall. However, these changes are regular,

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rhythmic and, therefore,
predictable. Thus, the near
24 hour circadian rhythm is
innate: a genetically
programmed clock that
essentially ticks of its own
accord. This Very Short

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Introduction explains how organisms can -know- the time and reveals what we now understand of the nature and operation of chronobiological processes. Covering variables such as

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light, the metabolism,
human health, and the
seasons, Foster and
Kreitzman illustrate how jet
lag and shift work can
impact on human well-being,
and consider circadian

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rhythms alongside a wide range of disorders, from schizophrenia to obesity.

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