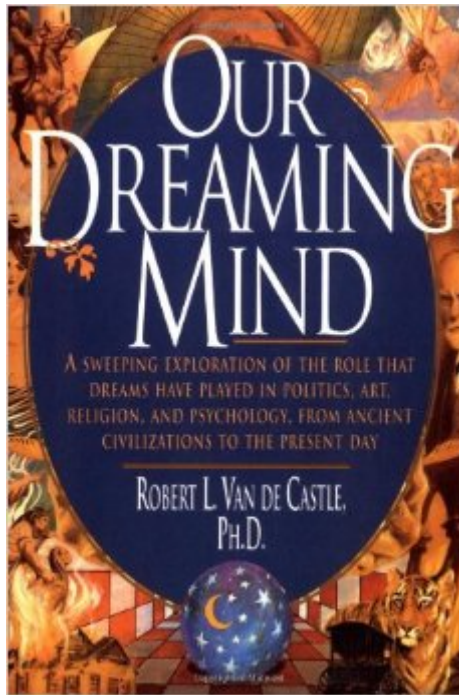


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# Our Dreaming Mind



## Synopsis

"A MASTERPIECE ON DREAMS...This book is a singular resource.... If it inspires you to remember your dreams, this book will change your life. If it inspires you to act on your dreams, this book will change the world."--Henry Reed Author of *Getting Help from Your Dreams and Dream Solutions*In this brilliantly researched and thorough study, internationally recognized dream authority Robert L. Van de Castle examines the vital role that dreams have played throughout history, from the dreams of ancient Sumerian kings to the pioneering dream research of nineteenth-century psychologists. *Our Dreaming Mind* delves into the most provocative experiments that scientists are conducting on the dreaming mind in this century and surveys ongoing dream experiments: dreams and sexual arousal, the impact of pregnancy on dreams, the connection between dreams and creativity, and the possibility of paranormal dreams. "In *Our Dreaming Mind*, Robert Van de Castle pulls decades of accumulated wisdom together in a sweeping panorama unsurpassed in the literature for its scope, its insight, and its ability to captivate its readers."--Stanley Krippner Director of The Saybrook Institute Editor of *Dream Time and Dream Work*"IMMENSELY READABLE...A monumental history of dreams."--Publishers Weekly"*Our Dreaming Mind* is really a dream come true--the most comprehensive, authoritative, and inspiring book on dreams I know about. At heart, this book is about human consciousness and our place in the universe. A magnificent contribution."--Larry Dossey, M.D. Author of *Meaning & Medicine: A Doctor's Tales of Breakthrough and Healing*AN ALTERNATE SELECTION OF THE BOOK-OF-THE-MONTH CLUB

## Book Information

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## Customer Reviews

This book is a compendium of information about dreams, ranging from folklore and ancient beliefs through current scientific research. The book is organized into 6 parts: anecdotes and famous dreams, early dream research from the dawn of history up until Freud, modern dream theorists including Freud and Jung, experimental dream research, scientific dream analysis, and paranormal and lucid dreams. There are also two appendixes that provide contact information for dream networks and organizations, and how to keep a dream diary. The book is extensively documented with endnotes, and there is a 20 page bibliography as well as an index. There is a phenomenal amount of material crammed into this volume- -the pages are extra wide to accommodate two columns of text on each page. The book is illustrated with black-and-white photographs and dream-influenced artwork. The early part of the book seemed almost like an extended literature review for a dissertation or an encyclopedia. The thoughts of dozens, perhaps even hundreds of philosophers, researchers, and other dreamers are briefly summarized in chronological order, from Plato to Artemidorus, from Erik Erikson to Calvin Hall. I found the sections on Freud and Jung particularly illuminating. As someone who has heard a lot about Freud, but never read his works, I found the overview of Freud's work on dreams and his school of psychoanalysis quite informative, especially when it was directly contrasted with Jung's work. The contributions of each of these men to the topic of dream research were presented in great depth, and supplemented with example analyses in their corresponding schools. I also found the section of the book covering contemporary dream research to be quite fascinating.

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