



The Dreaming Brain

By J. Allan Hobson Md

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A Harvard Medical School psychiatrist and neuroscientist shows how dream science draws on psychology and neurobiology to provide new insight into the nature of the human mind.

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Editorial Review

From Publishers Weekly

"Dismissing both Freudian and Jungian dream analysis as unscientific, Hobson claims dreams are the vast maintenance task of the brain. In his physiological theory, sensory and motor signals generated by the brain during sleep are the driving forces behind the dream plot; the sleeper's past experiences, wishes and attitudes then come into play, shaping the dream material," reported PW.

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Review

Required reading for anyone wanting to understand what is now thought about sleep and dreaming. --

Francis Crick, Nobel Laureate

The definitive biological explanation of dreaming and an excellent piece of popular writing. -- *Edward O. Wilson, author of Sociobiology*

About the Author

J. Allan Hobson is professor of psychiatry at Harvard Medical School and director of the Laboratory of Neurophysiology, Massachusetts Mental Health Center.

Users Review

From reader reviews:

Lewis Tuggle:

This The Dreaming Brain book is simply not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is information inside this publication incredible fresh, you will get facts which is getting deeper a person read a lot of information you will get. This specific The Dreaming Brain without we know teach the one who looking at it become critical in contemplating and analyzing. Don't possibly be worry The Dreaming Brain can bring when you are and not make your carrier space or bookshelves' become full because you can have it in the lovely laptop even cellphone. This The Dreaming Brain having fine arrangement in word and layout, so you will not sense uninterested in reading.

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