



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:

Marcus Huskins:

Have you spare time for the day? What do you do when you have a lot more or little spare time? Sure, you can choose the suitable activity to get spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to typically the Mall. How about open or even read a book called The Dreaming Brain? Maybe it is for being best activity for you. You already know beside you can spend your time using your favorite's book, you can smarter than before. Do you agree with its opinion or you have various other opinion?

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