



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:

Diane Dean:

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Sondra Spencer:

Spent a free the perfect time to be fun activity to perform! A lot of people spent their spare time with their family, or their own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? May be reading a book may be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the e-book untitled The Dreaming Brain can be good book to read. May be it is usually best activity to you.

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