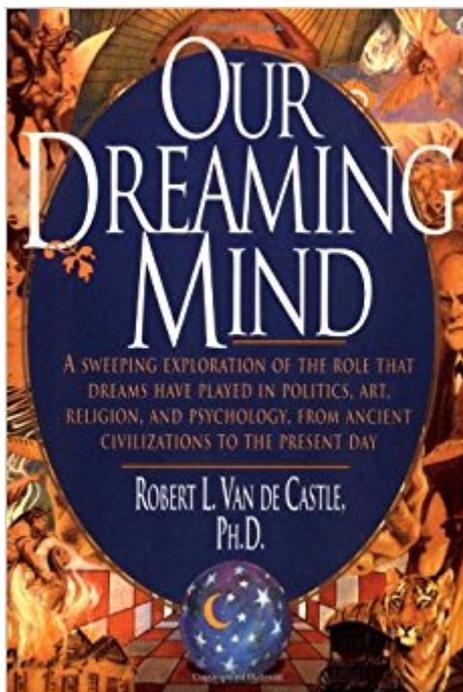


The book was found

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

Paperback: 576 pages

Publisher: Ballantine Books; Reprint edition (October 17, 1995)

Language: English

ISBN-10: 0345396669

ISBN-13: 978-0345396662

Product Dimensions: 6 x 1.2 x 9 inches

Shipping Weight: 2 pounds

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (24 customer reviews)

Best Sellers Rank: #80,836 in Books (See Top 100 in Books) #58 in [Books > Health, Fitness & Dieting > Mental Health > Dreams](#) #3162 in [Books > Religion & Spirituality > New Age & Spirituality](#) #8967 in [Books > Self-Help](#)

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.

[Download to continue reading...](#)

Lucid Dreaming: Learn How To Control Your Dreams In 10 Easy Steps - Lucid Dreaming Techniques (Lucid Dreaming, Astral Projection, Visualization Techniques) Dreams: Interpreting Your Dreams and How to Dream Your Desires- Lucid Dreaming, Visions and Dream Interpretation (Dreams, Lucid dreaming, Visions,) How to Master Lucid Dreaming: Your Practical Guide to Unleashing the Power of Lucid Dreaming Dreaming the Soul Back Home: Shamanic Dreaming for Healing and Becoming Whole Dreaming Wide Awake: Lucid Dreaming, Shamanic Healing, and Psychedelics The Twenty-four Hour Mind: The Role of Sleep and Dreaming in Our Emotional Lives Our Dreaming Mind The Dreaming Universe: A Mind-Expanding Journey Into the Realm Where Psyche and Physics Meet The Shining Host: Changeling: The Dreaming for Mind's Eye Theatre The Cult of the Amateur: How blogs, MySpace, YouTube, and the rest of today's user-generated media are destroying our economy, our culture, and our values Our Story: 77 Hours That Tested Our Friendship and Our Faith Modified: GMOs and the Threat to Our Food, Our Land, Our Future Vaccine Epidemic: How Corporate Greed, Biased Science, and Coercive Government Threaten Our

Human Rights, Our Health, and Our Children The Story of Stuff: How Our Obsession with Stuff Is Trashing the Planet, Our Communities, and Our Health-and a Vision for Change Dreaming of Dior: Every Dress Tells a Story Dream Yoga: Illuminating Your Life Through Lucid Dreaming and the Tibetan Yogas of Sleep Plant Intelligence and the Imaginal Realm: Beyond the Doors of Perception into the Dreaming of Earth Dreams: Interpreting Your Dreams and How To Dream Your Desires- Lucid Dreaming, Visions and Dream Interpretation A Field Guide to Lucid Dreaming: Mastering the Art of Oneironautics Dreams: Discover the Meaning of Your Dreams and How to Dream What You Want - Dream Interpretation, Lucid Dreaming, and Dream Psychology (+BONUS) (Dream Analysis, Dream Meanings, Lucid Dream)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)