



## **The New Science of Dreaming [3 volumes] (Praeger Perspectives)**

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Although it has been described since ancient times, dreaming remains a somewhat mysterious mental process, and scientists around the world continue to study its mechanisms and meanings. In this unique set of books, experts in the field from around the globe gather to show the newest and most exciting research and findings related to the biology and psychology of dreaming. New studies of dream content, for example, show that across age groups, cultures and clinical groups, dreams have recurring themes. New brain imaging techniques show us specific brain regions involved in dreaming. Other research featured here describes the biology or psychology of realistic and bizarre dreams, of symbolic images in dreams, and of how differences in gender and personality affect dreams and dreaming. The newest and most extensive source of information on dreaming in existence, this set gives readers insights into how this new science could lead to innovations in the medical, social, technical, and biotech fields.

Dozens of contributors?some top experts in their fields known internationally?show us how brain functions affect and are affected by dreaming and why these new findings should be important to all of us. Volume I spotlights the biology of sleep and dreaming. Volume II focuses on dream content and its many facets. In Volume III, the many theoretical accounts of dreams are presented.

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