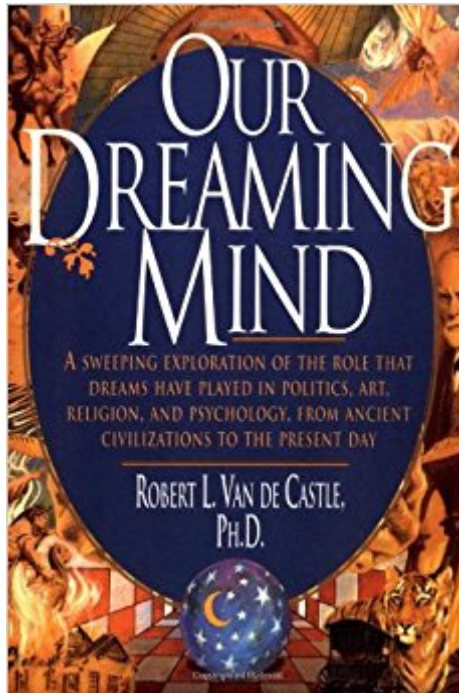




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Our Dreaming Mind



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

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Customer Reviews

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Of all the books I have about dreams *Our Dreaming Mind* has the most comprehensive research. Unlike other dream books that are use to promote the author point of view; Dr. Van de Castle uses facts and research to promote his claim. ***I believe most people don't remember their dreams, some or all, because they can't handle how far their dreams take them.*** Anyone that can easily remember their dreams and has a bit of a scientific mind will be overjoyed that some scientist is taking dreams seriously. I use this book as the core text for my dream study. Thank you Dr. Van de Castle!!!

A somewhat academic overview of dream theory listing the major figures and ideas behind it.

I have never managed to complete this book in the past. Have attempted to read it many times. Now with my own copy I will reach my goal. Love what I read do far. That's why I bought it.

It is a good book, especially if you want an in depth overview of research that has been done on

dreaming. The book focuses mostly on dream research.

Wonderful book; Dr. Van De Castle is the master of dreams. He has long experience with the U. Of VA medical school in Dreams. This book is a grand text, combining science and actual testing. It is too long to describe. Buy it.

Purchased as a gift and my brother loved it! Thank You!!!

It has been an informative book, and lots of interesting information. Would recommend to anyone who wants to learn about their dreams.

The book arrived quickly and was in excellent condition, exactly as described. The content is also what we were looking for. Thanks.

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