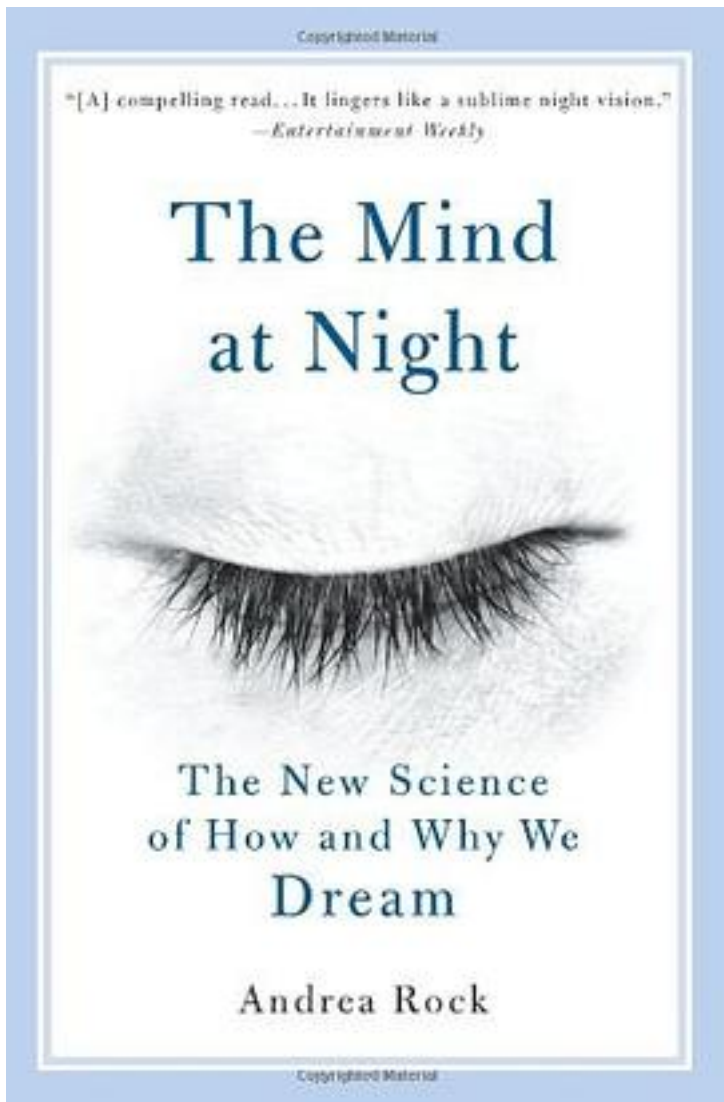


The Mind at Night



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Over the past few decades, there has been a revolution in scientific knowledge about why we dream, what's actually happening to the brain when we do, and what the sleeping mind reveals about our waking hours. Beginning with the birth of dream research in the 1950s, award-winning science reporter Andrea Rock traces the brief but fascinating history of this emerging scientific field. She then takes us into modern sleep labs across the country, bringing the scientists to life as she interprets their intellectual breakthroughs and asks the questions that intrigue us all: Why do we remember only a fraction of our dreams? Why are dreams usually accompanied by intense emotion, such as fear or anxiety? Can we really control our dreams without waking up? Are universal dream interpretations valid? Is dreaming our way of consolidating long-term memories and filtering the day's mental detritus? Can dreams truly spark creative thought or help solve problems? Accessible and engaging, *The Mind at Night* shines a bright light on our nocturnal journeys, while revealing the crucial role dreams could play in penetrating the mystery of consciousness.

作者介绍:

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书评

關於夢的分析.由於它涉及潛意識心理學.也常被與靈魂或神秘玄術所詮釋.並不是容易說得透徹的領域....而這本關於睡夢研究的書.主要偏重各種角度的實驗分析.初讀混沌.

但再讀後. 發現它寫得很深入..... 值得頭腦清晰的人深讀.
而容易昏頭轉向的人就不要嘗試!

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