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Research

## **In Search Of Dreams Suny Series In Dream Studies Results Of Experimental Dream Research**

A comprehensive survey of contemporary approaches to understanding dreams. If you can have only one book on dreams, this is the one to have.

In *The Mindbrain and Dreams: An Exploration of Dreaming, Thinking, and Artistic Creation*, Mark J. Blechner argues that the mind and brain should be understood as a single unit – the "mindbrain" – which manipulates our raw perceptions of the world and reshapes that world through dreams, thoughts, and artistic creation. This book explores how dreams are key to understanding mental processes, and how working with dreams clinically with individuals and groups provides an essential route towards achieving transformation within the psychoanalytic process. Covering such key topics as knowledge, emotion, metaphor, and memory, this book sets out a radical new agenda for understanding the importance of dreams in human thought and their clinical importance in psychoanalysis. Blechner builds on his previous work and takes it much further, drawing on the latest neuroscientific findings to set out a new way of how the mindbrain constructs reality, while providing guidance on how best to help people understand their dreams. *The Mindbrain and Dreams: An Exploration of Dreaming, Thinking, and Artistic Creation* will appeal to psychologists, psychoanalysts, philosophers, and

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cognitive neuroscientists who want new ways to explore how people think and understand the world.

The Lost Self: Pathologies of the Brain and Identity is an in-depth exploration into one of the most mysterious and controversial topics in neuroscience, neurology, psychiatry, and psychology—namely, the search for the biological basis of the self. The Lost Self is a guide to understanding how the brain creates who we are, and what happens when things go wrong.

Argues that plantation life, its racialized inequities, and the ongoing struggle against them are embedded in not only the physical structures but also the everyday workings of higher education. Plantation Politics and Campus Rebellions provides a multidisciplinary exploration of the contemporary university's entanglement with the history of slavery and settler colonialism in the United States. Inspired by more than a hundred student-led protests during the Movement for Black Lives, contributors examine how campus rebellions—and university responses to them—expose the racialized inequities at the core of higher education.

Plantation politics are embedded in the everyday workings of universities—in not only the physical structures and spaces of academic institutions, but in its recruitment and attainment strategies, hiring practices, curriculum, and notions of sociality, safety, and community. The book is comprised of three sections that highlight how white supremacy shapes campus communities and classrooms; how current diversity and inclusion initiatives perpetuate inequality; and how students, staff, and faculty practice resistance in the face

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of institutional and legislative repression. Each chapter interrogates a connection between the academy and the plantation, exploring how Black people and their labor are viewed as simultaneously essential and disruptive to university cultures and economies. The volume is an indispensable read for students, faculty, student affairs professionals, and administrators invested in learning more about how power operates within education and imagining emancipatory futures. Bianca C. Williams is Associate Professor of Anthropology at the Graduate Center, City University of New York and author of *The Pursuit of Happiness: Black Women, Diasporic Dreams, and the Politics of Emotional Transnationalism*. Dian D. Squire is Assistant Professor of Counseling-Student Affairs at Northern Arizona University. Frank A. Tuitt is Vice President, Chief Diversity Officer, and Professor of Education at the University of Connecticut and coeditor (with Chayla Haynes and Saran Stewart) of *Race, Equity, and the Learning Environment: The Global Relevance of Critical and Inclusive Pedagogies in Higher Education*.

Offers practical advice and research results on women school superintendents, a field traditionally dominated by men.

This multidisciplinary volume examines the cultural and social relevance of dream studies, looking at various ways that the field can contribute to the resolution of the modern West's most troubling social issues. The essays offer novel insights on education, sexual abuse, ecology, crime, race, gender, religion, politics, death, and cross-cultural conflict. The contributors argue that the study of

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dreams can provide valuable resources to regain a vibrant, trustworthy sense of moral and spiritual orientation in life.

This book presents an overview of the methods and results of laboratory dream research: the collection of dreams under various conditions; different methods of dream evaluation; physiological and psychological factors of dream recall; memory sources of dreams; and dreams in different sleep stages. The main focus is to describe the phenomenology of dreams. What are the common features of dreaming with regard to images, thoughts, and emotions? Where does the dream take place and who enters the dream "theatre"? In what kinds of scenarios do dreamers find themselves? The authors' evidence is based on dreams collected in their sleep laboratory. Results of analysis of 500 REM dreams are discussed with reference to sex differences, children's dreams, and waking fantasies.

With recent advances of modern medicine more people reach the 'elderly age' around the globe and the number of dementia cases are ever increasing. This book is about various aspects of dementia and provides its readers with a wide range of thought-provoking sub-topics in the field of dementia. The ultimate goal of this monograph is to stimulate other physicians' and neuroscientists' interest to carry out more research projects into pathogenesis of this devastating group of diseases.

The first book to validate the meaningful dreams and visions that bring comfort as death nears.

Christopher Kerr is a hospice doctor. All of his

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patients die. Yet he has cared for thousands of patients who, in the face of death, speak of love and grace. Beyond the physical realities of dying are unseen processes that are remarkably life-affirming. These include dreams that are unlike any regular dream. Described as "more real than real," these end-of-life experiences resurrect past relationships, meaningful events and themes of love and forgiveness; they restore life's meaning and mark the transition from distress to comfort and acceptance. Drawing on interviews with over 1,400 patients and more than a decade of quantified data, Dr. Kerr reveals that pre-death dreams and visions are extraordinary occurrences that humanize the dying process. He shares how his patients' stories point to death as not solely about the end of life, but as the final chapter of humanity's transcendence. Kerr's book also illuminates the benefits of these phenomena for the bereaved, who find solace in seeing their loved ones pass with a sense of calm closure. Beautifully written, with astonishing real-life characters and stories, this book is at its heart a celebration of our power to reclaim the dying process as a deeply meaningful one. *Death Is But a Dream* is an important contribution to our understanding of medicine's and humanity's greatest mystery. The essential guide on how to teach about dreaming.

This book provides a fascinating introduction to the

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scientific study of consciousness and to the new science that promises to illuminate our understanding of consciousness: subjective experience, sensation and thinking.

Anyone who is plagued by nightmares night after night knows what a heavy burden these nocturnal apparitions represent: one is unable to resume sleep, often lies awake for a long time, and feels fearful, irritable or depressed the next day. What can help to take the fear out of the night? Understanding the message of nightmares is a first step toward relief. These energy-laden images can represent urgent questions stemming from the depth of the psyche. In this book, experienced Jungian analyst Renate Daniel demonstrates how one can succeed in finding appropriate answers to help understand and cope with nightmares. Renate Daniel, M.D., a specialist in psychiatry, psychotherapy and psychoanalysis and Director of Programs at the C.G. Jung Institute in Zürich, has been a psychotherapist in private practice for many years. She is the author of *Nur Mut! Die Kunst, schwierige Situationen zu meistern* (2011) as well as numerous published articles. Contents: 1. What are Dreams? The Waking, Sleeping and Dreaming Worlds 2. Why do we Dream – and What for? Dreams and Mental Health 3. What are Nightmares? Ancient Myths and Neurobiological Insights 4. Dealing with Nightmares: Discovering, Exploring and Understanding Yourself

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5. Nature as a Nightmare Motif: Natural Forces, Dangerous Animals and Plant Life 6. Human Beings as a Nightmare Motif: Aggressive People and Vulnerable People 7. Nightmare Motifs from Culture and Technology: When Objects Become Broken or Dangerous

A holistic approach to the fascinating, multifaceted world of dreams.

Michael T. Michael evaluates Freud's theory of dreams in light of major criticisms and scientific research. Approaching the issue from the vantage of the history and philosophy of science, he argues that the theory is a live hypothesis fully deserving of continued scientific exploration.

A fascinating strand of the human potential movement of the 1960s involved the dream mystique of a previously unknown Malaysian tribe, the Senoi, first brought to the attention of the Western world by adventurer-anthropologist-psychologist Kilton Stewart. Exploring the origin, attraction, and efficacy of the Senoi ideas, G. William Domhoff also investigates current research on dreams and concludes that the story of Senoi dream theory tells us more about certain aspects of American culture than it does about this distant tribe. In analyzing its mystical appeal, he comes to some unexpected conclusions about American spirituality and practicality.

Collects the experiences of thirty-five students who

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participated in New York City's Prep for Prep program, detailing how the experience changed their lives.

"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

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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

Frieden explores methods of dream interpretation in the Bible, the Talmud, and in the writings of Sigmund Freud, and brings to light Freud's troubled relationship to his Judaic forerunners. This book reveals unfamiliar associations in intellectual history and challenges received ideas in biblical, Talmudic, and Freudian scholarship. Freud distanced himself from dream interpreters such as Joseph and Daniel by rejecting their intuitive methods and their claims to predict the future. While biblical and Talmudic dream interpretation generally involve prophecy, Freud sought to limit himself to the determination of prior causes in the dreamer's life. Nevertheless, Frieden demonstrates that Freud's strategies of interpretation, and especially his use of "free association," inevitably guide the dreamer toward a future. This resonance between ancient prophecy and modern psychology is merely one example of the concealed relationship between Judaic and psychoanalytic dream interpretation. Frieden shows the role both of actual influences and influences denied by Freud.

Comprehensive guide to an understanding of dreams in light of the basic principles of analytical psychology. Particular attention to common motifs, the role of complexes, and the goal and purpose of dreams. Discusses extraordinary dreams and offers suggestions

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for interpreting and appreciating your own extraordinary dreams. From visions of a past life to glimpses of the future, history is full of accounts of unusual dreams. This fascinating book explores historical, scientific, and cross-cultural research on these sorts of extraordinary dreams, and offers practical suggestions on how to work with them—either individually or as a member of a dream group—to enhance one’s intellectual, emotional, and spiritual health. Each chapter is devoted to a particular type of dream, and presents a summary of research data on their nature. Specific categories of dreams discussed include creative, lucid, out-of-body, pregnancy, healing, collective, telepathic, clairvoyant, precognitive, past-life, initiation, and spiritual visitation dreams, as well as dreams within dreams. Entertaining and instructive, this book points the way to an expanded conception of human potential for the twenty first century. Stanley Krippner is Professor of Psychology at Saybrook Graduate School. He is the author of many books including, with David Feinstein, *The Mythic Path: Discovering the Guiding Stories of Your Past—Creating a Vision for Your Future*. Fariba Bogzaran is Associate Professor of Consciousness Studies and Founding Director of the Dream Studies program at John F. Kennedy University. She is the author of *Through the Light: An Exploration into Consciousness*. André Percia de Carvalho is a clinical psychologist and motivational speaker in Brazil specializing in the fields of human resources and industrial development.

Much has been written about the housing policies of the Depression and the Postwar period. Much less has been

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written of the houses built as a result of these policies, or the lives of the families who lived in them. Using the houses of Levittown, Long Island, as cultural artifacts, this book examines the relationship between the government-sponsored, mass-produced housing built after World War II, the families who lived in it, and the society that fostered it. Beginning with the basic four-room, slab-based Cape Cods and Ranches, Levittown homeowners invested time and effort, barter and money in the expansion and redesign of their houses. The author shows how this gradual process has altered the socioeconomic nature of the community as well, bringing Levittown fully into the mainstream of middle-class America. This book works on several levels. For planners, it offers a reassessment of the housing policies of the 1940s and '50s, suggesting that important lessons remain to be learned from the Levittown experience. For historians, it offers new insights into the nature of the suburbanization process that followed World War II. And for those who wish to understand the subtle workings of their own domestic space within their lives, it offers food for speculation.

This autobiography describes a woman's attainment of enlightenment in modern Japan. Satomi Myōdō rejected the traditional roles of good wife and wise mother, broke with her unhappy past, and followed her spiritual path beginning as the disciple of a Shinto priest. At midlife she turned to Zen Buddhism encouraged by a female dharma friend and by various teachers. Under the guidance of Yasutani Rōshi she attained Kenshō, the goal of her lifetime's search.

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Mapping the uncharted territory at the edges of psychological knowledge, these fascinating essays explore compelling aspects of dreams and dreaming. They discuss topics as diverse as memorable dreams, lucid dreaming, the role of dreams in the evolution of human consciousness and the relationship between dreams and the waking state. In 'The Dream and Its Embedding', psychoanalyst Patrick Mahony demonstrates, with absorbing case studies, how dreams can become effective therapeutic tools, while dream scholar Kelly Bulkely concludes in 'Big Dreams' that, ultimately, the function of dreams is to make the brain grow. Luigi Zoja, dream analyst, explores the profusion of nightmares among soldiers, prisoners and other victims of war in 'Nightmares'. And Madhu Tandan, who lived for seven years at an ashram in the foothills of the Himalayas, explains how dreams can access a level of consciousness beyond the psychological. This volume is the first in the 'Boundaries of Consciousness' series, which, under the leadership of Sudhir Kakar, seeks to bring together psychoanalysts, philosophers, religious studies scholars and neuroscientists in order to expand the frontiers of current psychological understanding. Subsequent volumes will spring from symposia held at Wasan Island, Canada, on the supernatural, death and dying and creativity and imagination. Edited and introduced by Sudhir Kakar, *On Dreams and Dreaming* will be of interest to scholars and to all who dream and seek to understand why.

Kate's Great Grandmother, Oma, had died. Kate dreams that she will be gone, just like Oma when she dreams of

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a fearful Crab. Fears are resolved when Kate realizes that feeling sad as she thinks of Great Grandmother Oma, is part of loving her.

This book of dream psychology is written in a simple, popular way which makes it readable and understandable by almost any one, without technical preparation or without special information regarding the psychoanalytic psychology. The style is very clear and the various matters discussed are put in a way which should be of considerable help in spreading a sympathetic attitude towards psychoanalysis. The author is evidently a strong adherent of the Zurich school rather than of the more strictly Freudian, and discusses psychoanalysis and the dream more particularly from this point of view. He especially utilizes the method of what he calls constructive interpretation both of symptoms and of dreams rather than of the more purely reductive analysis of Freud. In other words, instead of simply trying to split things up into the material of which they are made, he believes that the dream should be considered from a teleological point of view and when so considered has a distinct prophetic and advisory function. The dream serves as a corrective from the distorting influence of complexes and so offers suggestions as to the solution of the individuals difficulties, more particularly in the direction in which his interests may advantageously take.

Understanding Dreams and Other Spontaneous Images: The Invisible Storyteller applies a contemporary interdisciplinary approach to dream interpretation, bringing cognitive anthropology, folklore studies,

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affective neuroscience, and dynamic systems theory to bear on contemporary psychodynamic clinical practice. It provides a practical guide for working with dreams that can be used by both individuals on their own and therapists working with clients. Erik D. Goodwyn invites us to examine key features of reported dreams, such as the qualities of the environment depicted, its familiarity or unfamiliarity, the nature of the characters encountered, and overall themes. This method facilitates an understanding of the dream in the full context of the dreamer's life, rather than interpreting individual, isolated elements. Goodwyn also introduces the mental process which orchestrates dreams, conceptualised here as the 'Invisible Storyteller', and explores how understanding it can positively impact satisfaction in waking life. As a whole, the book provides a collection of tools and techniques which can be referred to time and again, as well as a wealth of examples. Exploring dreams as a natural source of clinical insight, *The Invisible Storyteller* will appeal to Jungian psychotherapists and analytical psychologists, other professionals working with dreams with clients, and readers looking for a scientific approach to dream interpretation.

Many contemporary neuroscientists are skeptical about the belief that dreaming accomplishes anything in the context of human adaptation and this skepticism is widely accepted in the popular press. This book provides answers to that skepticism from experimental and clinical psychologists, psychiatrists, neurologists, and anthropologists. Ranging across the human and life

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sciences, the authors provide provocative insights into the enduring question of dreaming from the point of view of the brain, the individual, and culture. The Functions of Dreaming contains both new theory and research on the functions of dreaming as well as revisions of older theories dating back to the founder of modern dream psychology, Sigmund Freud. Also explored are the many roles dreaming plays in adaptation to daily living, in human development, and in the context of different cultures: search, integration, identity formation, memory consolidation, the creation of new knowledge, and social communication.

A wide-ranging consideration of the place of dreams and visions in Islamic societies from the pre-modern period to the present.

This wide-ranging exploration of the spiritual and scientific dimensions of dreaming offers new connections between the ancient wisdom of the world's religious traditions, which have always taught that dreams reveal divine truths, and the recent findings of modern psychological research. Drawing upon philosophy, anthropology, sociology, neurology, literature, and film criticism, the book offers a better understanding of the mysterious complexity and startling creative powers of human dreaming experience. For those interested in gaining new perspectives on dreaming, the powers of the imagination, and the newest frontiers in the dialogue between religion and science, *Visions of the Night* promises to be a welcome resource.

This book partakes of a long tradition of dream interpretation, but, at the same time, is unique in its cross-

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cultural and interdisciplinary methods and in its mix of theoretical and analytical approaches. It includes a great chronological and geographical range, from ancient Sumeria to eighteenth-century China; medieval Hispanic dream poetry to Italian Renaissance dream theory; Shakespeare to Nerval; and from Dostoevsky, through Emily Bront, to Henry James. Rupprecht also incorporates various critical orientations including archetypal, comparative, feminist, historicist, linguistic, postmodern, psychoanalytic, religious, reader response, and self-psychology.

Explores the role of dreams in spiritual work. In *Dreaming about the Divine*, Bonnelle Lewis Strickling argues that people dream about the divine in forms that fit their current emotional and spiritual condition. Using Jungian psychology and the philosophy of Karl Jaspers, Strickling contends that dreams about the divine occur in the context of existential issues; psychic and emotional crises which open us to the experience of the divine. She concludes that working with dreams of the divine can be spiritually, psychically, and emotionally helpful both to people who are engaged in a spiritual search and also to people who are already committed to a spiritual tradition. “Bonnelle Lewis Strickling has written a compelling book that illustrates powerfully the point that, as Jacques Derrida said, it is when we are ‘hoping, sighing, dreaming’ that we give form to what is really going on in our hearts, that we give shape to our deepest desire beyond desire. A beautiful and moving work.” — John D. Caputo, author of *Philosophy and Theology* “The texture of this work is intellectually stimulating, emotionally

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engaging, and spiritually brave. It also reflects the author's own deep psychospiritual journey." — Jeremy Taylor, author of *The Living Labyrinth: Exploring Universal Themes in Myths, Dreams, and the Symbolism of Waking Life* "Strickling creates a totally original, yet deeply satisfying approach to the psychospiritual dynamics of dreaming and provides excellent practical methods for helping people develop a fruitful, open-ended dialogue with the dreaming imagination." — Kelly Bulkeley, author of *Visions of the Night: Dreams, Religion, and Psychology*

Explores the contributions dreams can make to our private and public lives, and outlines methods for safe and effective dream work.

Big dreams are rare but highly memorable dream experiences that make a strong and lasting impact on the dreamer's waking awareness. Moving far beyond "I forgot to study and the finals are today" and other common scenarios, such dreams can include vivid imagery, intense emotions, fantastic characters, and an uncanny sense of being connected to forces beyond one's ordinary dreaming mind. In *Big Dreams*, Kelly Bulkeley provides the first full-scale cognitive scientific analysis of such dreams, putting forth an original theory about their formation, function, and meaning. Big dreams have played significant roles in religious and cultural history, but because of their infrequent occurrence and fantastical features, they have rarely been studied in light of modern science. We know a great deal about the religious manifestations of big dreams throughout history and around the world, but until now that cross-cultural knowledge has never been integrated with scientific research on their psychological roots in the brain-mind system. In *Big Dreams*,

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Bulkeley puts a classic psychological thesis to the scientific test by clarifying and improving it with better data, sharper analysis, and a broader evolutionary framework. He brings evidence from multiple sources, shows patterns of similarity and difference, questions prior assumptions, and provides predictive models that can be applied to new sets of data. The notion of a connection between dreaming and religion has always been intuitively compelling; *Big Dreams* transforms it into a solid premise of religious studies and brain-mind science. Combining evidence from religious studies, psychology, anthropology, evolutionary biology, and neuroscience, *Big Dreams* makes a compelling argument that big dreams are a primal wellspring of religious experience. They represent an innate, neurologically hard-wired capacity of our species that regularly provokes greater self-awareness, creativity, and insight into the existential challenges and spiritual potentials of human life.

Uses a historical study of bookselling and readers as a way to question and rethink our understanding of the market for symbolic goods. Combining historical study, theorization, and experimental fiction, this book takes commodity culture and book retail around 1900 as the prime example of a market of symbolic goods. With the port of Southampton, England, as his case study, Simon R. Frost reveals how the city's bookshops, with their combinations of libraries, haberdashery, stationery, and books, sustained and were sustained by the dreams of ordinary readers, and how together they created the values powering this market. The goods in this market were symbolic and were not "consumed" but read. Their readings were created between other readers and texts, in happy disobedience to the neoliberal laws of the free market. Today such reader-created social markets comprise much of the world's branded economies, which is why Frost calls for a new understanding of both literary and market values.

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Simon R. Frost is Principal Academic in English at Bournemouth University, United Kingdom. He is the author of *The Business of the Novel: Economics, Aesthetics and the Case of Middlemarch*.

Both a manual on the various methods for working with dreams and an easily understandable description about dreamwork methods and PTSD nightmares for general readers, this book will benefit psychotherapists, counselors, academics, and students.

- Summarizes dreamwork theories and describes techniques that counselors and psychotherapists can use whether their clients presents one dream, a recurring dream, or a nightmare
- Presents clear and concise explanations from top professionals on how their methods can be applied to uncover the deeper meaning of dreams, accompanied by illustrative examples for the reader
- Explains how various practical dreamwork methods are informed by clinical theories

A noted dream expert discusses the nature of erotic dreams, examining their meaning in terms of intimate relationships, revelations of past trauma, and aspects of self-discovery, and explains how to use such dreams to enhance one's life.

This interdisciplinary study of the religious dimensions of dreams shows how modern dream research supports and enriches our understanding of religiously meaningful dreams. *The Wilderness of Dreams* does four things that no other work on dreams has done. First, it surveys the whole range of modern dream research—not just the work of depth psychologists and neuroscientists, but also the findings of anthropologists, content analysts, cognitive psychologists, creative artists, and lucid dreaming researchers. Second, it draws upon new advances in hermeneutic philosophy in order to clarify basic questions about how to interpret dreams. Third, it develops a careful, well-grounded notion of religious meaning—the “root metaphor” concept—to show that seeking

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religious meanings in dreams is not mere superstition. And fourth, the book reflects on the question of why modern Westerners are so interested in affirming, or debunking, the idea that dreams have religious meanings.

"Never before, the entire history of the American theater, has so much of the truth of black people's lives been seen on the stage," observed James Baldwin shortly before *A Raisin in the Sun* opened on Broadway in 1959. Indeed Lorraine Hansberry's award-winning drama about the hopes and aspirations of a struggling, working-class family living on the South Side of Chicago connected profoundly with the psyche of black America--and changed American theater forever. The play's title comes from a line in Langston Hughes's poem "Harlem," which warns that a dream deferred might "dry up/like a raisin in the sun." "The events of every passing year add resonance to *A Raisin in the Sun*," said *The New York Times*. "It is as if history is conspiring to make the play a classic." This Modern Library edition presents the fully restored, uncut version of Hansberry's landmark work with an introduction by Robert Nemiroff.

Offers scientific and philosophical support to the Freudian claim that dreams are meaningful and that their meanings can be discovered through dream interpretation.

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