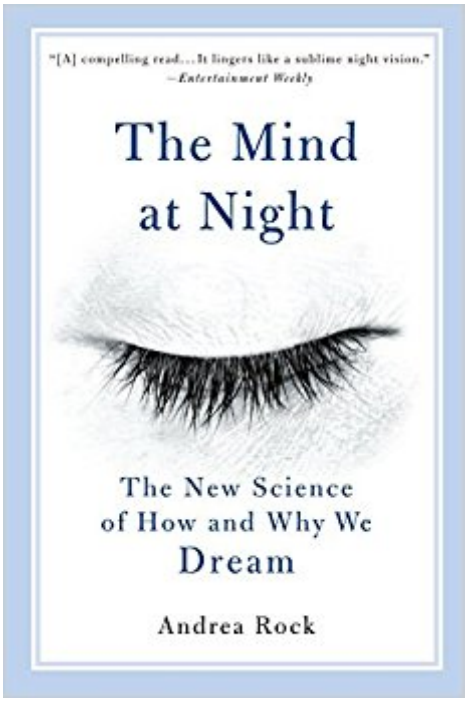
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The Mind At Night: The New Science Of How And Why We Dream



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Synopsis

Psychologists and philosophers have long grappled with the mysteries of dreaming, and now-thanks largely to recent innovations in brain imaging -neuroscientists are starting to join the conversation. In this groundbreaking book, award-winning journalist Andrea Rock traces the brief but fascinating history of this emerging field. She then takes us into modern sleep labs across the country, asking the questions that intrigue us all: Why do we remember only a fraction of our dreams? Why are dreams usually accompanied by intense emotions? Can dreams truly spark creative thought or help solve problems? Are the universal dream interpretations of Freud and Jung valid? Accessible and engaging, The Mind at Night shines a bright light on our nocturnal journeys and tells us what the sleeping mind reveals about our waking hours.

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Customer Reviews

This exceptionally lucid and engaging work of science writing explicates breakthroughs in the study of the dreaming mind from the 1950s to the present day. Rock, an award-winning medical and science reporter, proves a crisp and thorough storyteller as she portrays the professional tensions among scientific innovators and delineates theoretical controversies (in which the legacy of Freud looms large). She frequently cites interviews with neuroscientists and psychologists, bringing out the drama of their intellectual struggles. Opening with the discovery of the REM phase of sleep by a lowly University of Chicago graduate student, Rock charts the subsequent explosion in dream research: investigations into the roles of different parts of the brain in dreaming; theories of animal dreaming and the evolutionary history of dreaming; the nature of memory; and the neurological

relationships among dreaming, mental illness and consciousness itself. Examples of dreams are kept to a relevant minimum, but many statistics of interest are reported. In Rock's concluding chapters, a seamlessly narrated account of a period of sustained scientific focus on the dreaming mind eases into a broader discussion of the function of dreaming in the context of contemporary scientific findings and beliefs. Here Rock discourages simplistic dream-symbol decoding in favor of a more complex approach enlightened by present-day theories. Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to the Kindle Edition edition.

"A well-written often entertaining look inside the mind."

Though highly scientific in details and explanations, this book is neither a dense science textbook, nor a dream interpretation book. If a reader is looking for answers as to why they continuosly dream of shooting stars or an in-depth analysis of the parts of the brain, they will be disappointed to find that that information is not included within these pages. However, as described in the title, Rock successfully explains precisely how and why we dream in a thorough and understandable manner. Here, Rock aims to change the discussion from an ÃƒÂ¢Ã â ¬Ã Å“either, orÃƒÂ¢Ã â ¬Ã Â• argument to a ÃƒÂ¢Ã â ¬Ã Å“both, andÃƒÂ¢Ã â ¬Ã Â• argument in her book.Overall, Rock did an excellent job of maintaining the balance between textbook and interpretation book. That being said, there were definitely some highs and lows to RockÃƒÂ¢Ã â ¬Ã â„¢s writing. The most useful tool employed was that of fascinating examples. Whether they were shocking facts, crazy statistics, interesting experiments, or compelling stories, Rock was able to maintain interest among the ongoing, length scientific terms. However, though I appreciated the wide variety of examples, some tended to sound weak, cliche, and predictable. Some were so cliche that it was hard to believe they were true, while others were so overused that they became monotonous. Regardless of those minor missteps, Rock successfully constructed a book that stays true to its title, providing clear and concise answers as to how and why we dream. After reading RockÃƒÂ¢Ã â ¬Ã â„¢s work, I was able to get a better understanding of dreams as they relate to brain functions, sleep disorders, mental health, the use of memory, lucid dreaming, and the history of scientific discovery. I highly recommend this easily understandable book to anyone with a moderate interest in the mind and conscience that is searching for more than just a science textbook or dream interpretation book.

Beautifully and thoughtfully written, packed with scientific data, poignant anecdotes regarding the

scientists themselves, and every major player in sleep science covered. A major work. Would love a second edition but this is still foundational for those interested in dreaming and sleep science.

Even though the book is now dated (2004), the basic concepts behind current research are clearly explained along with information about how these concepts were discovered. Well worth your time, effort, and money.

It’s basically a summary of contemporary research. That’s fine, but I was hoping for something a little more actionable. The conclusion seems to be that dreaming is essential for healthy brain function, but there not much to do about it other than get a good night’s sleep and let it happen. Ironically, I ended up paying less attention to my dreams after reading this book, since the research seemed to unanimously agree that there is no insight within them to be leveraged in waking life. Oh well, it was worth a try I guess.

I started reading this in high school and used it often as a reference for dream studies. I was worried I’d lose it when I graduated. Thankfully, I was smart enough to get a picture of the title. This book is easy to understand and easy to get lost in. The information is laid out in a manner that’s easy for the average individual to grasp and builds on itself.

This book is very interesting to read. It tells about what your brain and body does while you are sleeping, not so much about what your dreams mean. Your brain is an amazing organ - there is so much to learn about it.

This is a really fascinating book. She describes the history of research on dreaming and what the brain is doing at night. The book seems well researched and science based. The best part is the description of the amazing things that go on in the brain at night.

I was drawn to this book because of my desire to explore both the left and right brain information about dreams.There was quiet a bit of history, which I thoroughly enjoyed, from the Upanishad’s to Jung. I especially appreciated the deeper understanding of Freud’s vs. Jung’s take on dream study, and resonated with Jung’s sentiment of "The manifest dream picture is the dream itself and contains the whole meaning of the dream."Being in the health care field I loved the emphasis on how healthy, essential and fundamental dreams are, as well as the theories presented to suggest the pivotal

nature of dreams, in regard to our evolution. Also, the neurophysiology and progressive biochemical changes that happen from the womb until old age captured my attention. Learning about fatal familial insomnia (FFI) was fascinating and something I don't wish on anyone!"Manipulating dream content" was brought up and some experiments documented. It was a nice balance to other books that I also enjoy tremendously, but which are far more anecdotal accounts of controlling or becoming lucid in the dream.Debunking the myth that the presence or absence of rapid eye movement (REM) dictated whether or not one was dreaming was interesting, although I'll still make up stories about what my dogs may be dreaming when I see them moving all around in their sleep. And, I'll always look favorably upon a book that supports my sleeping late in the morning...Overall I highly recommend this book for those leaning toward the science of oneironautics, and not those who live more in their right brains. I'm not sure how much of the science was new, as the subtitle suggests, but it is certainly a compilation chock full of really great information. It will remain on my shelf as a reference for my own explorations, when I need to be in my left brain.

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