



## The Dreaming Brain

By J. Allan Hobson Md

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**The Dreaming Brain** By J. Allan Hobson Md

A Harvard Medical School psychiatrist and neuroscientist shows how dream science draws on psychology and neurobiology to provide new insight into the nature of the human mind.

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### **The Dreaming Brain By J. Allan Hobson Md Bibliography**

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### Editorial Review

From Publishers Weekly

"Dismissing both Freudian and Jungian dream analysis as unscientific, Hobson claims dreams are the vast maintenance task of the brain. In his physiological theory, sensory and motor signals generated by the brain during sleep are the driving forces behind the dream plot; the sleeper's past experiences, wishes and attitudes then come into play, shaping the dream material," reported PW.

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Review

Required reading for anyone wanting to understand what is now thought about sleep and dreaming. --

*Francis Crick, Nobel Laureate*

The definitive biological explanation of dreaming and an excellent piece of popular writing. -- *Edward O. Wilson, author of Sociobiology*

About the Author

**J. Allan Hobson** is professor of psychiatry at Harvard Medical School and director of the Laboratory of Neurophysiology, Massachusetts Mental Health Center.

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**Scott Halpin:**

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