



# The Dreaming Brain

*By J. Allan Hobson Md*

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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.

## **Users Review**

**From reader reviews:**

**Scott Halpin:**

The book *The Dreaming Brain* make you feel enjoy for your spare time. You can utilize to make your capable a lot more increase. Book can to become your best friend when you getting anxiety or having big problem with your subject. If you can make examining a book *The Dreaming Brain* to be your habit, you can get considerably more advantages, like add your current capable, increase your knowledge about a few or all subjects. You are able to know everything if you like open up and read a book *The Dreaming Brain*. Kinds of book are a lot of. It means that, science guide or encyclopedia or others. So , how do you think about this guide?

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**Brad Sharpe:**

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