

Dreaming A Very Short Introduction J Allan Hobson

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Very Short Introductions - Wikipedia

Replacing dream mystique with modern dream science, J. Allan Hobson provides a new and increasingly complete picture of how dreaming is created by the brain. Focusing on dreaming to explain the mechanisms of sleep, this book explores how the new. Dreaming: A Very Short Introduction. Oxford University Press, 2005.

Amazon.com: Dreaming: A Very Short Introduction ...

Abstract. Dreaming: A Very Short Introduction provides an increasingly complete picture of how dreaming is created by the brain. It explores how the new science of dreaming is affecting psychoanalysis theories and how it is helping our understanding of the causes of mental illness. Dreams are investigated to illustrate and explain some of the fascinating discoveries of modern sleep science, while challenging some of the traditionally accepted theories about dream meaning.

8. The new neuropsychology of dreaming - Very Short ...

Get this from a library! Dreaming : a very short introduction. [J Allan Hobson] -- What is dreaming and what causes it? Why are dreams so strange and often hard to remember? Modern science has given us a new and increasingly clear picture of how dreaming is created by the brain. ...

Dreaming: A Very Short Introduction - Very Short Introductions

Dreaming: A Very Short Introduction Very Short Introductions: Author: J. Allan Hobson: Edition: reprint: Publisher: OUP Oxford, 2005: ISBN: 019157760X, 9780191577604: Length: 168 pages: Subjects

Dreaming : a very short introduction (eBook, 2005 ...

This book is misleading in its title because it is not at all a short introduction to dreaming. It is rather an introduction to the author's own theory of dreaming, for which there is considerable refuting evidence. The theory seeks to make dream content irrelevant and argues that it is the result of random signals.

Bing: Dreaming A Very Short Introduction

Abstract. 'What is dreaming?' examines what causes dreaming, and discusses why dreams are so strange and hard to remember. Dreaming is most usefully defined and measured through perceptual, cognitive, and emotional qualities: its formal features rather than its content.

10. Dream consciousness - Very Short Introductions

Dreaming: A Very Short Introduction (Very Short Introductions series) by J. Allan Hobson. What is dreaming, and what causes it? Why are dreams so strange and why are they so hard to remember? Replacing dream mystique with modern dream science, J. Allan Hobson provides a new and increasingly complete picture of how dreaming is created by the brain.

Amazon.com: Customer reviews: Dreaming: A Very Short ...

'Dream consciousness' describes how modern sleep science has contributed to the dramatic progress of the last decade in understanding the brain basis of consciousness, and how that understanding has caused us to shift our model of dreaming in the direction of altered states of consciousness that have been recognised since the 1960s.

Dreaming: A Very Short Introduction by Hobson, J. Allan ...

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Dreaming A Very Short Introduction

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Dreaming : a very short introduction. [J Allan Hobson] -- In 'Dreaming' Hobson introduces readers to sleep laboratory science, the cellular and molecular mechanisms of sleep, and explores how the science of dreaming impacts our understanding of ...

Dreaming: A Very Short Introduction - J Allan Hobson ...

The "A Very Short Introduction" (VSI) series from Oxford University Press offers this type of guide for many subjects. They're usually about 100 pages long, and give a quick and gritty rundown of the subject at hand. This book is organized into eleven chapters covering: What is dreaming?

Dreaming: A Very Short Introduction (Very Short ...

Firstly, dreaming and other states of consciousness are related to changes in the level of brain activation. Secondly, that, independent of activation, the brain opens and closes its gates of sensory input and motor output. The third and perhaps most significant conclusion is that the brain not only self-activates and isolates itself from the world, but it changes its chemical climate very radically.

Dreaming: A Very Short Introduction - J. Allan Hobson ...

`A short introduction to the science of dreaming that examines succinctly questions about the function, activation and interpretation of dreams as well as investigating the relationships between dreaming, learning, memory and consciousness.

And there are more than a few eye-openers as Hobson

Dreaming: A Very Short Introduction - J. Allan Hobson ...

It is shown that dreaming is characterised by a set of related, cognitive features that are deficient compared with waking, including diminished selfawareness, diminished reality testing, poor memory, defective logic, and, most strikingly, the inability to maintain directed thought.

Dreaming: A Very Short Introduction by J. Allan Hobson

Very Short Introductions Looks at the new scientific facts about dreaming and possible answers to long-held questions about the activation,... Relates the science of dreaming and sleep to their interpretation in history and in psychoanalysis Investigates the relationships between dreaming, learning, ...

1. What is dreaming? - Very Short Introductions

Very Short Introductions (VSI) is a book series published by the Oxford University Press (OUP). The books are concise introductions to particular subjects, intended for a general audience but written by experts. Most are under 200 pages long.

Dreaming : a very short introduction (eBook, 2005 ...

Dreaming: A Very Short Introduction av J Allan Hobson. Häftad Engelska, 2005-04-01. 89. Köp. Spara som favorit Skickas inom 10-15 vardagar. Fri frakt inom Sverige över 159 kr för privatpersoner. Finns även som E-bok Laddas ned direkt 75. E-bok ...

Conclusion - Very Short Introductions

First, dreaming is an extremely complex subject and spans the speculations of Freud to the most up to date fMRI-facilitated 'wet neuroscience' experiments. Dreaming is a facet of consciousness and consciousness is both highly controversial and one of the most highly challenging subjects of research.

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