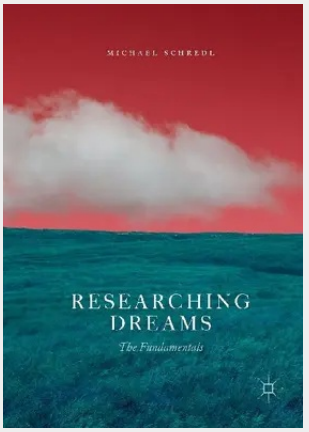
Schredl

Researching Dreams

The Fundamentals



What can be gleaned from the study of our dreams? With research methods in mind—including the shortcomings and strengths of various strategies—the book presents a comprehensive introduction to the research obtained so far. Topics include the factors of dream recall; the continuity hypothesis of dreaming; the relationship between physiology and dream content; etiology and therapy of nightmares; and lucid dreaming. The book not only presents a comprehensive introduction to the research obtained so far but also provide the tools to carry our scientific dream studies—including the shortcomings and strengths of various approaches.

What can be gleaned from the study of our dreams? With research methods in mind¿including the shortcomings and strengths of various strategies¿the book presents a comprehensive introduction to the research obtained so far. Topics include the factors of dream recall; the continuity hypothesis of dreaming; the relationship between physiology and dream content; etiology and therapy of nightmares; and lucid dreaming. The book not only presents a comprehensive introduction to the research obtained so far but also provide the tools to carry our scientific dream studies¿including the shortcomings and strengths of various approaches.

69,54 €
64,99 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9783030070403
Medium: Buch
ISBN: 978-3-030-07040-3
Verlag: Palgrave Macmillan
Erscheinungstermin: 25.01.2019
Sprache(n): Englisch
Auflage: Softcover Nachdruck of the original 1. Auflage 2018
Produktform: Kartoniert
Gewicht: 316 g
Seiten: 225
Format (B x H): 148 x 210 mm