

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.

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