



## **The Functions of Dreaming (Sunny Series in Dream St (Sunny Series, Dream Studies)**

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# The Functions of Dreaming (Suny Series in Dream St (Suny Series, Dream Studies)

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Many contemporary neuroscientists are skeptical about the belief that dreaming accomplishes anything in the context of human adaptation and this skepticism is widely accepted in the popular press. This book provides answers to that skepticism from experimental and clinical psychologists, psychiatrists, neurologists, and anthropologists. Ranging across the human and life sciences, the authors provide provocative insights into the enduring question of dreaming from the point of view of the brain, the individual, and culture. The Functions of Dreaming contains both new theory and research on the functions of dreaming as well as revisions of older theories dating back to the founder of modern dream psychology, Sigmund Freud. Also explored are the many roles dreaming plays in adaptation to daily living, in human development, and in the context of different cultures: search, integration, identity formation, memory consolidation, the creation of new knowledge, and social communication.

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