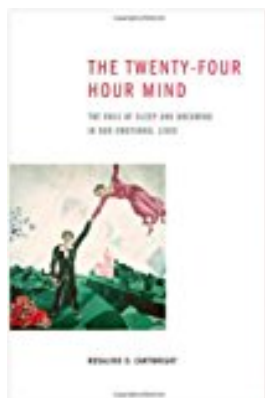


[PDF] The Twenty-four Hour Mind: The Role Of Sleep And Dreaming In Our Emotional Lives

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Books Details:

Title: The Twenty-four Hour Mind: Th
Author: Rosalind Cartwright
Released: 2010-06-24
Language:
Pages: 224
ISBN: 0195386833
ISBN13: 978-0195386837
ASIN: 0195386833

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Description:

Review "Professor Rosalind Cartwright is a true pioneer of sleep research. She was there in the field's formative years and her particular interest in the function and meaning of dreams is reflected in a record of high-quality scientific publications spanning more than four decades. In The Twenty-

four HourMind, Cartwright describes both her research as well as that of many other sleep scientists in an exciting, eminently readable and thought provoking narrative. She examines numerous important and intriguing topics, including insomnia, depression, sleep walking, forensic sleep medicine and the role of dreams in human consciousness. In her Introduction, Cartwright writes, 'Come Along. I promise it will be an interesting ride.' The Twenty-four Hour Mind is a promise well kept!"--Michael V. Vitiello, University of Washington, Seattle, and Past President, Sleep Research Society "Rosalind Cartwright has been a leader among psychologists and psychiatrists trying to tease out the purpose of thoughts and images of dreams. Her excellence as a scientist and clinician has earned her the title of Queen of Dreams. Her book takes us across a panorama of laboratory studies and clinical areas. In a reader friendly fashion, she ranges from REM deprivation and dream categorizing studies to the diagnosis and treatment of insomnia, the role of depression in sleep, and the exotica of sleep walking and REM state aggression."--Wilse B. Webb, Department of Psychology, University of Florida "Cartwright's accounts of the earliest and most contemporary laboratory tests of the sleeping and dreaming mind are informative and absorbing; she has a personal, informal style that treats the reader to insights on the unfolding nature of experimental methods and of working with patients. Her descriptions of patients, perpetrators, and her participation as a witness for the defense are spellbinding. In the end, Cartwright entwines the threads of this narrative into a tapestry explaini

About the Author

Rosalind D. Cartwright is Professor Emeritus of Rush University Medical Center's Graduate College Neuroscience Division, and was chair of the College's Department of Behavioral Sciences until 2008. In 1978 she founded the first Sleep Disorder Service and Research Center to be accredited in the state of Illinois. She is the author of numerous journal articles and several books, and has served as an expert witness in sleep-related criminal cases, including one murder trial.

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