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Our dreams fascinate us as individuals and as a society. What do surveys report people dream about? How about the dreams of the blind? The mentally ill? What does research show about the possibility of dream telepathy? How did the ancient people view dreams? This wide-ranging book also discusses such topics as REM studies, the effects of experimental stimulation on dream content, research on dreams and creativity, symbolism, and nightmares. The book explores a number of techniques used to analyze dreams, illustrating these approaches with dream examples and case studies.

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