



The Twenty-Four Hour Mind: The Role of Sleep and Dreaming in Our Emotional Lives

Rosalind Cartwright

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Leading sleep researcher Rosalind Cartwright brings together decades of work on sleep, dreaming, and sleep disorders to propose a new theory of how the mind works continuously. Drawing on her own research and that of others, Cartwright describes how conscious and unconscious thoughts and feelings move forward - from waking, into sleep and dreaming, to the next waking day. One main purpose of sleep is to regulate disturbing emotions. Not everyone does this successfully every night. Her research on dreams of those suffering depression show these fail to regulate mood overnight, and when sleepwalkers behave aggressively they have not had enough time dreaming. With many case examples, the author illustrates how conscious and unconscious thoughts and feelings are being linked to older memories throughout sleep and dreams, and how this process effects changes in thinking and feeling the next day - even reshaping our identities. *The Twenty-Four Hour Mind* offers a unique integration of psychology and sleep research that will be of interest to anyone captivated by the mysteries of the mind - and what sleep and dreams teach us about ourselves.

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Precisely why? Because this *The Twenty-Four Hour Mind: The Role of Sleep and Dreaming in Our Emotional Lives* is an unordinary book that the inside of the guide waiting for you to snap that but latter it will zap you with the secret the item inside. Reading this book close to it was fantastic author who also write the book in such incredible way makes the content interior easier to understand, entertaining method but still convey the meaning entirely. So , it is good for you because of not hesitating having this any more or you going to regret it. This excellent book will give you a lot of advantages than the other book have got such as help improving your ability and your critical thinking technique. So , still want to delay having that book? If I were being you I will go to the e-book store hurriedly.

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