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# THE TWENTY-FOUR HOUR MIND: THE ROLE OF SLEEP AND DREAMING IN OUR EMOTIONAL LIVES



Audible Studios on Brilliance, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. 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...

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

- Authored by Rosalind Cartwright
- Released at 2016



Filesize: 8.67 MB

## Reviews

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