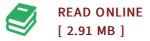




Private Myths: Dreams and Dreaming

By Anthony Stevens

HARVARD UNIVERSITY PRESS, United States, 1997. Paperback. Book Condition: New. Reprint. 234 x 154 mm. Language: English . Brand New Book. Every night we enter a mythic realm, a dark, primordial world of fear and desire. What this world offers, Anthony Stevens suggests, may well be the key to understanding our waking mysteries--ourselves, our society, and our history. A prominent psychiatrist and practicing Jungian analyst, Stevens views dreaming from both psychological and neurological perspectives to show how dreams owe their origins as much to our evolutionary history as a species as to our personal history as individuals. A work rich in symbolic and scientific insight, Private Myths traverses the course of dream interpretation from distant huntergatherer times to the present. This analysis is as authoritative as it is wide-ranging, including discussions of the biology of dreaming and the discovery of REM sleep, elaboration of the latest neuroscientific techniques in sleep research, and an assessment of the century-long legacy of analytic practice to dream interpretation. In a close look at the actual processes of dream formation, Stevens relates dream work to other creative capacities such as language, poetry, storytelling, memory, play, symptom-formation, magic, and ritual. He draws on his many years of...



Reviews

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