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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 hunter-gatherer 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...



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