

Contents

Author's Preface	ix
Foreword by J. Allan Hobson	xi
Chapter One ~ How the Brain Works	1
Chapter Two ~ A Brief History of Dreams	23
Chapter Three ~ Sleep: Its Evolution and Role in Dreams	45
Chapter Four ~ How Memory Works	73
Chapter Five ~ Emotions: The Heart of the Dream Machine	117
Chapter Six ~ Consciousness: The Brain's General Manager	147
Chapter Seven ~ Sleep-walking and Other Mental Events of Slow Wave Sleep	181
Chapter Eight ~ Therapy and Dreams: How Dreams Help Us	199
Index	219