

Our Dreaming Mind Robert L Van De Castle

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According to sleep research, psychologists have discovered that keeping a dream journal will significantly help you remember your dreams. This book was written by a psychologist, Robert Van De Castle, in the 1950's, who conducted many experiments and studies of his own.

~~Our Dreaming Mind by Robert L. Van De Castle~~

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In this brilliantly researched study, Robert L. Van de Castle, Ph.D., an internationally recognized dream authority, examines the vital role that dreams have played throughout history. OUR DREAMING...

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Because I've been studying dreams since I was a boy, every now and then I think it's time for me to write my own book about dreams. But each time that happens I immediately think of psychologist Robert L. Van de Castle's monumental book, Our Dreaming Mind and I discard the thought. It's a book of everything about dreams.

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OUR DREAMING MIND. by Robert L. Van de Castle □ RELEASE DATE: Aug. 1, 1994. Despite its two-column, textbookish format, an unpedantic survey by a self-described ``dreamworker'' of how dreams have been regarded throughout history, with emphasis on the author's own experiences during 30 years of investigation into ``clear- seeing at night.''. The former director of the Sleep and Dream Laboratory at the University of Virginia Medical School, Van de Castle (who will be featured in a Discovery ...

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Robert L. Van De Castle (shelved 3 times as lucid-dreaming) avg rating 3.79 – 255 ratings – published 1994