



Dreams And Nightmares: The New Theory on the Origin and Meaning of Dreams

Ernest Hartmann

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One hundred years ago, the master of dreams, Sigmund Freud, published *The Interpretation of Dreams*. In this momentous new work, Dr. Hartmann, one of the world's foremost researchers on sleep and dreams, surpasses himself and not only builds on, but even replaces, Freud's work by elucidating and illustrating a bold new theory on the origin and meaning of our dreams and nightmares. Dr. Hartmann helps us capture the meaning behind our nightly reverie. He successfully weds the psychology of the human mind with the biology of the brain, uncovers the source of our dreams, and demonstrates that they are neither meaningless nor simple wish fulfillment, but an amazing biological and mental process triggered by our most pressing internal forces. He analyzes nightmares that plague us during times of stress, and explains those strange everyday dreams that we all wish we could understand, revealing that all our dreams share an astounding underlying pattern. In clear, eloquent language, this revolutionary new book shows us how to tap into the power of our dreams, and take the first steps down the "the royal road" to creative fulfillment and increased self-knowledge.

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