

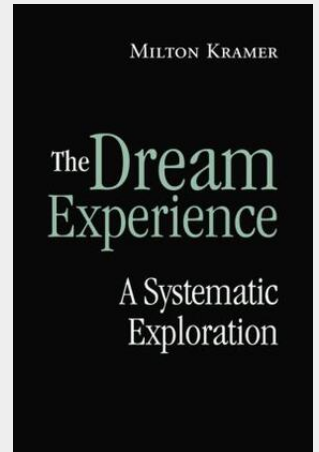
Kramer

## The Dream Experience

A Systematic Exploration

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The Dream Experience provides the mental health professional with a systematic scientific basis for understanding the dream as a psychological event. Milton Kramer's extensive research, along with the findings of others, establishes that dreams are structured, not random, and linked meaningfully to conscious events in daily life and past memories. The book explores this link between dreams and consciousness, providing a review of information about normative dreaming, typical or repetitive dreams, and nightmares, while also showing how mental health professionals can use dream content in therapy with clients. Kramer's book is an illuminating description of dreaming for dreamers, therapists and neuroscientists.



**56,27 €**

52,59 € (zzgl. MwSt.)

*Lieferfrist: bis zu 10 Tage*

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