



Domhoff G: Marzenia Senne – Psychologia Myślenia i Symulacji

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Opis

Domhoff, G: The Emergence of Dreaming: Mind-Wandering, Embodied Simulation, and the Default Network

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The Mind-Wandering Dreamer is an insightful and comprehensive exploration of the science behind dreaming and its connection to the brain's default network. Written by expert psychologist G. William Domhoff and published by Oxford University Press Inc, this book delves into the theories and research that illuminate the fascinating and often puzzling world of dreams. Whether you are a student of psychology, a practitioner in the field, or simply curious about the wonders of the human mind, this book offers a detailed and engaging account of a fundamental aspect of our experience.

Drawing on the latest neuroscientific research, Domhoff explains how the default network functions to generate dreams, and how this process can be influenced by external and internal factors, including the body map, social cognition, and memory. He also examines the link between dreaming and other aspects of the mind, including mind-wandering, imagination, and creativity. Throughout the book, Domhoff presents compelling evidence that dreaming is an essential component of our cognitive and emotional lives, providing important insights into our conscious and unconscious minds.

With its clear and accessible style, The Mind-Wandering Dreamer is an excellent resource for anyone seeking to gain a deeper understanding of the complex workings of the brain. Whether you are a student of neuroscience, a clinician, or simply an enthusiast, this book is sure to provide valuable insights into the mysteries of the sleeping mind.

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