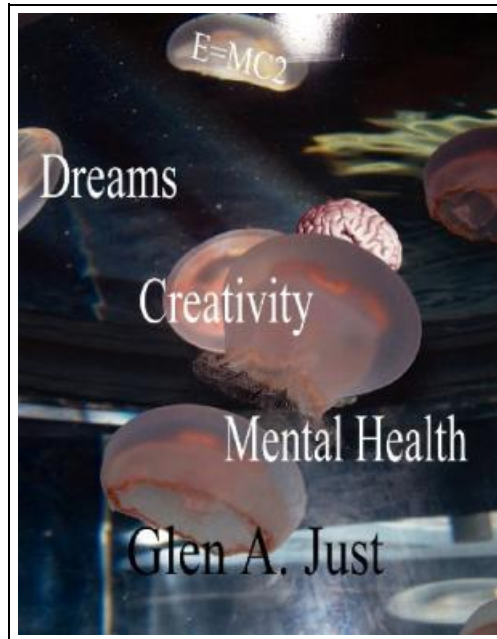


Dreams, Creativity Mental Health (Paperback)



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DREAMS, CREATIVITY MENTAL HEALTH (PAPERBACK)



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Eagle Entertainment USA, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Dreams, Creativity Mental Health is a thoroughly researched textbook and review of the literature on the general topic of dreams, nightmares, hypnotism, mind-body dualism, spirituality, and the neurophysiology of the brain. It is a textbook and a self-help book written by Glen A. Just that pulls together concepts he put forth in *Autobiography of a Ghost* and *Mind of the Mystic*, two earlier works. Contains an extensive bibliography and is suitable to both undergraduate and graduate study. Unraveling the mysteries of dreams and learning how to control altered states of consciousness can release the untapped powers of our individual minds. Glen Just reveals his special formula for improved mental health and greater creativity without resorting to the use of drugs. He knows, because he s lived in a state of emotional chaos himself and has pioneered self-help techniques that we all possess to varying degrees. A must read for serious thinkers coming to grips with the meaning of dreams, ASC, and mental health issues. It is reader friendly. The nature of consciousness has plagued mankind throughout its existence. Dreams, Creativity and Mental Health is the musings of philosophy and mental health from Glen A. Just, who discusses everything from dreams, the existence of nightmares, the power of self hypnosis, lucid dreaming, and much more. A fascinating breakdown of the mind and the unheard signals it sends us, Dreams, Creativity and Mental Health is a strongly recommended pick for psychology collections. - MIDWEST BOOK REVIEW MAY 2012 The biggest surprise of 2012 has been my budding friendship-- workshop with Glen Just, a remarkable person who has used dream science to counter the ill effects of a traumatic childhood. Glen has helped me...



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