



The Science of Dreaming: Why We Dream, What Dreams Mean and How to Lucid Dream

Case Adams PhD

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Every night we drift into another world. Where do we go? What do our dreams mean? Why do we dream? What is lucid dreaming? Can we steer our dreams? These and other questions have been plaguing humanity for centuries. Dreaming has been the subject of myth and speculation, driving mysteries that have stimulated our wildest imaginations. Yet there is now some solid scientific research about dreaming that helps answer many of these questions. Here the author compiles the evidence, together with thousands of years of dream application to uncover the real nature of dreaming and its link with our personal lives, our mental health and our physical health. This is combined with practical information to help us understand our dreams and utilize our dreams to improve our waking lives.

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