



The Dimensions of Dreams: The Nature, Function and Interpretation of Dreams

Ole Vedfelt

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In what has been called "the best general introduction to this subject" (Die Welt, Hamburg), *The Dimensions of Dreams* summarizes in one encyclopedic volume the vast knowledge modern science has been able to amass about the world of dreams since Freud first published his groundbreaking *Interpretation of Dreams* in 1900. Freud's work, and that of Jung, provided the main impetus for many of the dream theories that have arisen this century, all trying to tease meaning from the often puzzling contents of dreams and to enlist them in the therapeutic process. Ole Vedfelt reviews in depth the large body of research about dreams that has found its way into the literature, from the work of Freud and Jung to that of many other important investigators, including Alfred Adler, Erich Fromm, Montague Ullman, Calvin Hall and Medard Boss.

Vedfelt also discusses dreamwork in gestalt therapy and psychodrama, and describes the results of modern laboratory investigations of sleep and dreaming. How dreams are affected by organic diseases and physical symptoms, the relationship between dreams and psychosis, parapsychological phenomena, esoteric dream understanding, and consciousness-expanding dreams are among other subjects covered. *The Dimensions of Dreams* is an excellent handbook for the professional, and compelling reading for those with a general interest.

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