

Delve Deeper into *The Edge of Dreaming*

A film by Amy Hardie

This multi-media resource list includes books, films and other materials related to the issues presented in the film *The Edge of Dreaming*.

*Can dreams predict the future? **The Edge of Dreaming** is a year in the life of a woman objectively researching death who finds that her research has taken over her life. Literally. Amy Hardie, a wife, mother and maker of science films, was involved in a documentary investigation of death when she had a startling dream — her beloved horse George was dying. She awoke disturbed enough to go out into the field and check on George. She found him dead, though he had shown no signs of illness. As unsettling as this was, Hardie's rational temperament led her to see it as a coincidence. Then, in another dream, her deceased partner of many years, the father of her oldest child, warned her she would die at age 48 — the following year.*

ADULT NONFICTION

Science of Dreaming

Hobson, J. Allen. *Dreaming: An Introduction to the Science of Sleep*. New York: Oxford University Press, 2004.

Harvard psychiatry professor and sleep expert, J. Allan Hobson, explores the formal perceptual, cognitive, and emotional qualities of our dreams, enticing the reader to embrace a chemical investigation into the facts of the psych

LaBerge, Stephen PhD. *Exploring the Lucid World of Dreaming*. Canada: Ballantine Books, 1991.

Based on Dr. Stephen LaBerge's laboratory work at Stanford University mapping mind/body relationships during the dream state, this book helps readers gain control over their subconscious.

Mindell, Arthur. *Quantum Mind: The Edge between Dreaming and Psychology*. Oregon: Lao Tse Press, 2000.

Arnold Mindell explores principles found in psychology, math, physics, and shamanism, linking a cosmic perspective with ordinary life.

Rock, Andrea. *The Mind at Night: The New Science of How and Why We Dream*. New York: Basic Books, 2005.

Andrea Rock, a renowned medical and science reporter, colorfully

documents the history of dream research from the 1950s up to present day and the major questions which remain: investigations into how we dream and why; theories of animal dreaming; the nature of memory; and the neurological relationships between dreaming, mental illness, and consciousness itself.

Solms, Mark. *Brain and the Inner World: An Introduction to the Neuroscience of the Subjective Experience*. New York: Other Press, 2003.

Mark Solms and Oliver Turnbull, two neuropsychologists, describe their book as a "beginner's guide to the brain," an exploration of our "subjective mental life." Brain and the Inner World examine the relationship between the mind and the brain while delving into the world of dreams, hallucinations, and neuro-psychoanalysis.

Wallace, Anthony. "Dreams and the Wishes of the Soul: A Type of Psychoanalytic Theory among the Seventeenth Century Iroquois." *American Anthropologist, Volume 60 Issue 2, pgs. 234-248, 1958.*

This paper contrasts Iroquois psychoanalytic theory of dream differed to Freudian theory in regard to the ways in which dreams are interpreted. Unlike Freudian theory, the Iroquois employ the concept of a detachable soul.

Dream Interpretation

Freud, Sigmund. *The Interpretation of Dreams*. New York: Random House, 1978.

Sigmund Freud's seminal work outlines his theory of unconscious forces within the framework of dream analysis. Relying on the dispassionate analysis of his own dreams, Freud introduces his concept of the Id, the ego, and the superego, drawing the reader into the hidden recesses of the mind

McNamara, Patrick. *Nightmares: The Science and Solution of Those Frightening Visions during Sleep*. Connecticut: Praeger, 2008.

Patrick McNamara draws us into the world of nightmares, explaining what is known, suspected, and still mysterious about them.

Waggoner, Robert. *Lucid Dreaming: Gateway to the Inner Self*. Massachusetts: Moment Point Press, 2009.

Expert in the field of lucid dreaming Robert Waggoner recounts his own adventure with lucid dreaming, providing tested techniques and personal dream experiences for his readers, urging them to use lucidity to navigate a deeper reality, to grow into connection with a deeper and wiser self.

NONFICTION FOR YOUNGER READERS

Emert, Phyllis Raybin. *The Book of Nightmares: A Fiendish Guide to Your Scary Dreams*. New York: McGraw-Hill, 1997.

The Book of Nightmares explores the causes and meanings of nightmares, and how one can take control over their dreams.

Garfield, Patricia. *The Dream Book: A Young Persons Guide to Understanding Dreams*. Canada: Tundra Books, 2002.

Garfield's book for young readers promotes self-awareness through dream interpretation, as well as provides guidance for overcoming nightmares.

FILMS/DOCUMENTARIES

60 Minutes: *The Science of Sleep*. Aired on CBS News, March 13, 1998. TRT: 25 min.

Correspondent Lesley Stahl speaks to sleep experts and discusses the links between lack of sleep and serious health conditions.

NOVA: *What Are Dreams?* Episode by Charles Coville, 2009. TRT: 60 min.

Leading dream researchers explain their investigations into the world of sleep and dreams. These scientists and researchers ask important and fascinating questions about the purpose of dreaming and present various case studies of irregular dreamers.

