



## The Committee of Sleep: How Artists, Scientists, and Athletes Use Their Dreams for Creative Problem Solving-And How You Can Too (Paperback)

By Deirdre Barrett

Oneiroi Press, United States, 2010. Paperback. Book Condition: New. 214 x 140 mm. Language: English Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it. --John Steinbeck Scientific research confirms what people have always known: answers, ideas, and inspiration do come to us in dreams. Harvard psychologist and world-renowned dream specialist Deirdre Barrett, Ph.D., offers this rich collection of examples of how the world's most creative practitioners in art, music, film, science, literature and other fields have used the revelations of their dream life to inform their work. Dr. Barrett offers insights showing us how to encourage lucid, meaningful dreaming, and how to apply the meanings of our dreams to solving problems--from the everyday to the extraordinary. This is the stuff dreams are made of. In the visual arts, Jasper Johns couldn't find his unique artistic vision until he dreamed it in the form of a large American flag. Salvador Dali and his colleagues built the startling new genre of surrealism out of dreams. Kubla Kahn dreamed the design for his stately pleasure dome; thousands...



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