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Autore	Bulkeley Kelly <1962->
Titolo	Children's dreams [[electronic resource]] : understanding the most memorable dreams and nightmares of childhood // Kelly Bulkeley and Patricia M. Bulkley
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Descrizione fisica	1 online resource (171 p.)
Altri autori (Persone)	Bulkley Patricia M. <1939->
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction -- Interpreting children's dreams : an archetypal approach -- Brain science, dreams, and the imagination -- Dreams of early childhood -- Dreams of middle childhood -- Dreams of late childhood and early adolescence -- Nurturing the imagination in childhood and beyond -- References and suggested readings -- Appendix 1. A list of the dreams discussed in this book -- Appendix 2. Children's stories relating to dreams -- Appendix 3. The dreams and nightmares of Harry Potter -- Appendix 4. Activities to stimulate wonder in childhood -- Appendix 5. Questions for a study group or book club on children's dreams.
Sommario/riassunto	Children's Dreams teaches readers how to understand and appreciate memorable "big dreams" of childhood. The book introduces readers to the basic psychology and neuroscience of dreaming, then discusses dreams from early childhood through adolescence, exploring why we dream and how dreams can help us enhance creativity and make sense of our lives.