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Nota di contenuto	Ch. 1: Introduction and History of Consciousness -- Ch. 2: Brain and Mind -- Ch. 3: Levels of Consciousness -- Ch. 4: Sleep and Dreaming -- Ch. 5: Artificial Consciousness -- Ch. 6: Hypnosis and Consciousness -- Ch. 7: Defense Mechanisms -- Ch. 8: Altered States of Consciousness -- Ch. 9: Drugs effects on Consciousness -- Ch. 10: Relativity of the human mind -- Ch. 11: Death and Consciousness.
Sommario/riassunto	The subject of consciousness has not, until now, been well documented and discussed in academic literature, and there is a real need to give this topic its due in the larger discussions of psychology and the behavioral sciences. This book explores the many levels of consciousness, and their roles in our life and behavior. The main role of

consciousness is to create an awareness of how we as humans live our lives every day in all life stages. This book clarifies these situations in detail, and illustrates the systems, internally and externally, that work together. This book provides solutions and suggestions on how to have better control over our minds and behavior, the role of the consciousness in psychiatry, how to treat diseases and mental disorders and how to improve overall mental health. This book is divided into easy to understand sections which discuss each level of consciousness, so readers can focus on which elements are important depending on their area of focus and expertise.

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