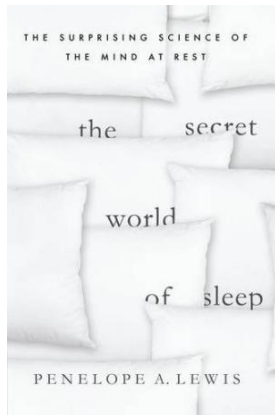


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## THE SECRET WORLD OF SLEEP: THE SURPRISING SCIENCE OF THE MIND AT REST



Macmillan. 1 Cloth(s), 2013. hard. Book Condition: New. Science has uncovered many ways our own brains trip us up, from their propensity toward irrational thought to intuitions that deceive us. Yet there is new research on sleep, notes neuroscientist Penny Lewis, that points in the opposite direction; we are discovering the truth behind folk wisdom like "sleeping on a problem," and how our always-busy brains radically improve our minds through sleep and dreams. Lewis explains how, while our body rests,...

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- Authored by Lewis, Penelope A.
- Released at 2013



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