



Dream Psychology

Sigmund Freud (1856 - 1939)

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Not a few serious-minded students have been discouraged from attempting a study of Freud's dream psychology. The book in which he originally offered to the world his interpretation of dreams was as circumstantial as a legal record to be pondered over by scientists at their leisure, not to be assimilated in a few hours by the average alert reader. In those days, Freud could not leave out any detail likely to make his extremely novel thesis evidentially acceptable to those willing to sift data. - Freud himself, however, realized the magnitude of the task which the reading of his magnum opus imposed upon those who have not been prepared for it by long psychological and scientific training and he abstracted from that gigantic work the parts which constitute the essential of his discoveries.

The publishers of the present book deserve credit for presenting to the reading public the gist of Freud's psychology in the master's own words, and in a form which shall neither discourage beginners, nor appear too elementary to those who are more advanced in psychoanalytic study. Dream psychology is the key to Freud's works and to all modern psychology. With a simple, compact manual such as *Dream Psychology* there shall be no longer any excuse for ignorance of the most revolutionary psychological system of modern times. (From the book introduction, by Andre Tridon)

Sigmund Freud (May 6, 1856 – September 23, 1939) was an Austrian neurologist best known as the father of psychoanalysis. He was born in Freiberg in the Austrian Empire and raised in Vienna. Freud distinguished himself as a student with proficiency in eight languages and entered the University of Vienna at age 17, graduating with a medical degree in 1881. He joined the Vienna General Hospital in 1882 and carried out research in cerebral palsy, aphasia, and microscopic neuroanatomy. He left the hospital in 1886 to establish a private practice specializing in nervous disorders. That same year he married Martha Bernays, with whom he would have six children.

In his practice he found that symptom relief could be found by encouraging patients to talk freely about ideas and memories, which led to the creation of the psychoanalytical discipline. He created a model of the psyche that postulated the unconscious as a disruptive agency and dreams as wish-fulfillments that revealed underlying mechanisms of repression. Perhaps his most radical notion was the conceptualization of the libido and of sexuality as a lifelong drive originating in infancy. He described his clinical method through a study of case histories in *Studies on Hysteria* (1895). He followed with *The Interpretation of Dreams* (1899), *The Psychopathology of Everyday Life* (1901), and *Jokes and their Relation to the Unconscious* (1905) and *Three Essays on the Theory of Sexuality* (1905). His work gave birth to the psychoanalytic movement, and he remained a central figure in the discipline. While many of his ideas have been challenged in ensuing years, his work has had a profound effect on the understanding of behavior.