New Titles: Non-fiction

December

There's a dreamy Book of the Month to close the previews of titles published in 2021, as a slew of New Year, New You titles start to surface.

Boek of the Month
Ribeiro's Brazilian hit is the stuff of dreams

Psychology
Sidarta Ribeiro The Distance of Sleep: The History and Science of Dreams
Bloomsbury Press, $16.99 (352p) 9781544514325

"What is a dream? Why do we dream? How do our bodies and minds use dreams?" These are the questions that are the starting point for this enthralling study of the rules and significances that dreams have held throughout human history.

From the earliest cave paintings to the latest cutting-edge research, Ribeiro—a prominent Brazilian neuropsychologist—blends biology, psychology, anthropology and literature as he investigates the essential place that dreams occupy in human culture, and how they have functioned as a catalyst for us to build our human world.

He explains how a new model of sleep and dreaming is taking shape, one which reconciles past and future to explain the dream function as a crucial tool for surviving in the present.

Bartam Pess for a quote from Yuval Noah Harari for this beautifully written book—already an international best seller—with 40,000 copies sold in Brasil—reminiscently translated from the Portuguese by Daniel Hahn. It does have a whiff of Singularity, and I love Ribeiro's hope that we will all take better notice of our dreams, making a detailed record of our "transcends into the deep innermost of the mind" on waking.

Then such clues into the "multiple dimensions of a dream, an almost completely forgotten act in today's world, can and should materialize the ancestral habit of dreaming and telling".

[Booklist ratings: recommending titles are based on 1-5 stars: where 1 = terrible, 2 = poor, 3 = fair, 4 = good, 5 = great.]*

Next week's titles:

1. Salad in a Tub: How to grow your own food on your back porch
2. The Art of Living with Periods: A practical guide to a healthier, happier life
3. The Distance of Sleep: The History and Science of Dreams
4. The Mind and the Brain: A Neuroscientist's Tour
5. The Dreaming Brain: How Dreams Make Us Who We Are