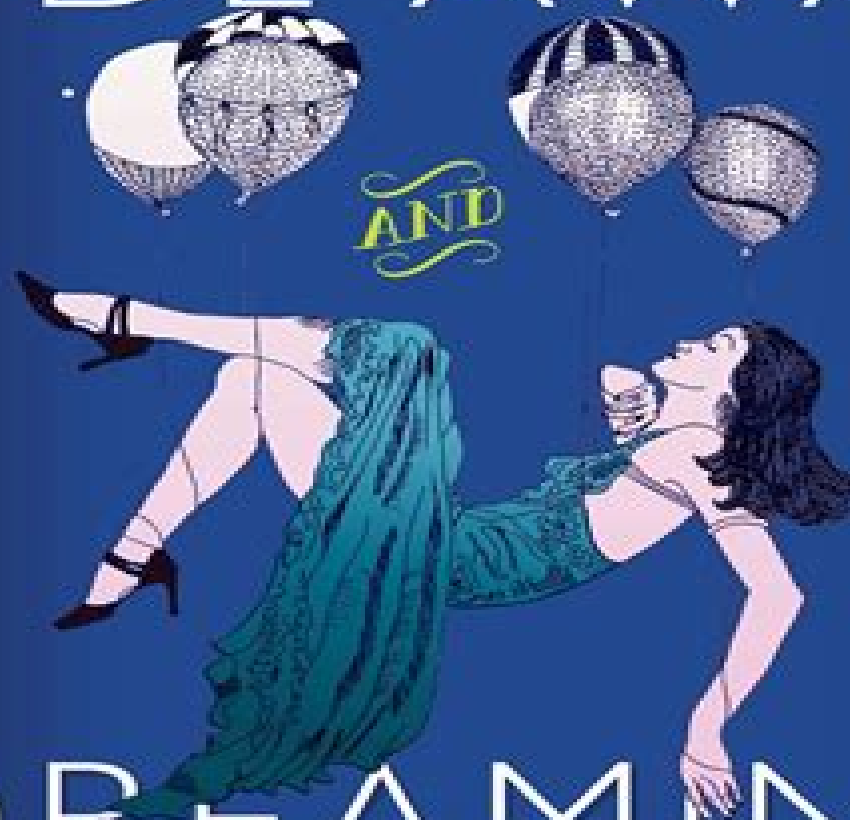


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Wide Awake And Dreaming A Memoir Of Narcolepsy:

Wide Awake and Dreaming Julie Flygare, 2013 Julie Flygare was on an ambitious path to success entering law school at age 22 when narcolepsy destroyed the neurological boundaries between dreaming and reality in her brain She faced terrifying hallucinations paralysis and excruciating sleepiness aspects of dream sleep taking place while wide awake Yet narcolepsy was a wake up call for Julie Her illness propelled her onto a journey she never imagined from lying paralyzed on her apartment floor to dancing euphorically at a nightclub from the classrooms of Harvard Medical School to the start line of the Boston Marathon *Wide Awake and Dreaming* is a revealing first hand account of dreams gone wrong with narcolepsy It s the brave story of one woman trampling over barriers and finding light in the darkest of circumstances [Narratives of Narcolepsy in Everyday Life](#) Nicole Eugene, 2023-10-16 Numerous movies YouTube videos books and public service announcements have begun to address people with narcolepsy and this discourse has led to greater visibility and understanding about an often misunderstood condition In *Narratives of Narcolepsy in Everyday Life Exploring Intricacies of Identity Sleepiness and Place* Nicole Eugene draws on in depth interviews participant observation and field notes to examine life with narcolepsy with a particular focus on how certain socially defined places play significant roles in determining the meaning of sleepiness medication side effects and other narcolepsy symptoms Eugene also includes one autoethnographic essay that explores her own experiences with narcolepsy as a Black woman refracted through the lens of the various places where sleepiness may arise Throughout the book an emphasis on making sense of narcolepsy by communicating with others with the condition demonstrates a peer based approach to researching health communication and disabilities Drawing on feminist disability studies health communication narrative inquiry and autoethnography this book is an example of interpretive qualitative communication research that renders the lives of vulnerable people with compassion and understanding *Sleepyhead* Henry Nicholls, 2018-09-04 A narcoleptic s tireless journey through the neuroscience of disordered sleep Whether it s a bout of bad jet lag or a stress induced all nighter we ve all suffered from nights that left us feeling less than well rested But for some people getting a bad night s sleep isn t just an inconvenience it s a nightmare In *Sleepyhead* science writer Henry Nicholls uses his own experience with chronic narcolepsy as a gateway to better understanding the cryptic curious and relatively uncharted world of sleep disorders We meet insomniacs who can t get any sleep narcoleptics who can t control when they sleep and sleep apnea victims who nearly suffocate in their sleep We learn the underlying difference between morning larks and night owls why our sleeping habits shift as we grow older and the evolutionary significance of REM sleep and dreaming Charming eye opening and deeply humanizing *Sleepyhead* will help us all uncover the secrets of a good night s sleep **Narcolepsy** Quinn Spencer, 2018-05-30 How to manage the symptoms and maximize your awake time If you are struggling with narcolepsy or someone you know suffers from it it will be worth your time to read some valuable information about the condition Narcolepsy is a serious disorder that needs to be addressed and

handled with care Would your life be better if you knew about it and could predict what would happen based on the analysis of your brain Would it help to know if there are herbal vitamin or other treatments This book addresses such issues as well as topics such as A brief history of narcolepsy and valuable lessons we can learn from it The connection to REM sleep Surprising narcolepsy facts you may not have heard of Common causes symptoms and diagnosis criteria for narcolepsy and cataplexy Prevention methods How to handle narcolepsy in children Herbal treatments medication and dieting tips for narcolepsy The treatments and helpful tools for narcolepsy that are out there were not available in the past It would be useful to learn more about them and understand what is going on in the cerebrum of someone who is confronted with the negative effects of the condition Be smart and learn all you can if it plays a role in your life in any shape or form Add this book to your cart now

Awakening Dreams Eileen Gurin, 2011-11-30 This book is about a woman that suffered low thyroid gland output and narcolepsy throughout her life She is also the author of this book Eileen wrote AWAKENING DREAMS to help others triumph over situations in their lives This is a very inspirational book It combines dreams real life stories and God together to encourage others to be able to overcome obstacles

Waking Mathilda Claire Crisp, 2017-03-10 A native of England Claire Crisp had it all a strong marriage three healthy children and her own home in Bristol Then came the H1N1 flu pandemic of 2009 It took only one vaccine one seemingly innocuous vaccine to Mathilda the baby of the family to unravel 15 years of family unity Diagnosed as the world's youngest person with narcolepsy at the age of three Mathilda becomes unrecognizable from the child she once was In this compelling narrative Claire Crisp sounds the depths of inner strength and fights for Mathilda's life Leaving their family and country in England the Crisps begin a new journey one of faith of loss and of love as immigrants to the western shores of the United States

Wide Awake in Your Dreams Sheila Balgobin, 2020-06-04 Has a dream ever saved your life If I had not listened to my dreams neither I nor this book would be here There are powerful messages in your dreams capable of literally changing the course of your life and help you to live out the best and highest version of yourself My journey back to myself meant I had to acknowledge who and what I was a Dreamer born with the gift of dream interpretation This is the story of that journey

Dream Life J. Allan Hobson, 2011-03-11 A pioneer in sleep and dream science surveys his life and work through the lens of dreaming and consciousness J Allan Hobson's scientific experimentation began in childhood with a soot filled investigation into the capacity of a chimney to admit Santa Claus He discovered that even with the damper open the chimney was far too narrow Hobson's life as an experimentalist has continued through a pioneering career devoted to aligning psychology and biology and to investigating the relationship of dreaming and consciousness In *Dream Life* Hobson conducts an experimental investigation into his life and work Hobson charts his developing consciousness through a vividly imagined conception in October of 1932 birth and babyhood offering a theory about protoconsciousness in fetuses and infants He recounts his youthful zeal for scientific discovery his early sexual experimentation and his education He describes taking on the entrenched Freudians at Harvard Medical School in the 1950s

as a maverick psychiatrist who wanted to replace psychoanalysis with biological science He describes his further studies his marriages and love affairs his travels and what he learned about the brain from his whiplash induced amnesia after a 1963 automobile accident and from his brain death after a stroke in 2001 Through it all Hobson uses his life as the ultimate case study for his theory that REM sleep provides a test pattern that allows the brain to develop offline Dreams most intense in REM sleep when the brain is active need no Freudian style decoding he says Dreaming is a glorious mental state to be enjoyed and studied for what it tells us about consciousness

40 Winks Brenda Moore,2016-12-16 When we go to sleep at night we undress our souls by leaving our physical bodies behind They are no longer needed in the dream world Our host bodies lie motionless and in autopilot while we dream waiting for our souls return We all have a connection with the those in the spirit world yet through sleep we open a direct line of communication Brianna s experience living with narcolepsy and education in Polysomnography provide the evidence needed to bridge the gap between medical advances in sleep and neurology and spiritual teachings of the afterlife 40 Winks offers affirmation to those who may be questioning their own experiences as coincidence or being just a dream This is the story of her journey *Waking Mathilda* Claire Wylds-wright,2023-05-18

Dreaming While Awake Arnold Mindell,2002-09 What if you could dream 24 hours a day even while awake According to innovative psychotherapist Arnold Mindell Ph D we already do The seeds of dreaming arise in every moment of the day in body symptoms problems relationships subtle feelings interactions random thoughts and fantasies We re getting countless little cues from the unconscious every minute All are signs from the world of dreaming And according to Mindell we can be in this state of lucid dreaming all day long In *Dreaming While Awake* Mindell shows how to become aware of these flirts from the dreamworld and how to interpret their message The goal he says is to be wide awake and lucid 24 hours a day in the midst of this unending dreamfield of information Practicing 24 hour lucid dreaming Helps you solve personal physical and emotional problems Serves as a preventive medicine for relationships and health helping you catch the earliest warning signs before they turn into problems Helps resolve conflicts in relationships families large groups corporations even politics Dreaming is the mystical source of reality says Mindell My goal is to make the Dreaming roots of reality so accessible so visceral that your conscious mind will give you back your right to dream

Sleep Paralysis Ryan Hurd,2010-09-17 Experienced by millions as supernatural assault isolated sleep paralysis ISP feels like being awake and aware in bed as someone or something holds you down These sensations are sometimes accompanied by frightening and realistic hallucinations In this book these encounters with ghosts vampires and even succubi are honored afresh from the perspective of contemporary dream science Although terrifying ISP visions can also be a reliable portal to other extraordinary states including lucid dreaming out of body experiences and otherworldly journeys *Dreaming Wide Awake* David Jay Brown,2016-08-15 A detailed guide to mastering lucid dreaming for physical and emotional healing enhanced creativity and spiritual awakening Offers methods to improve lucid dreaming abilities and techniques for developing

superpowers in the dream realm Explains how to enhance dreaming with supplements herbs and psychedelics Explores the ability of lucid dreamers to communicate with the waking realm and the potential for shared lucid dreaming and access to our unconscious minds In a lucid dream you awaken within your dream and realize you are dreaming With this extraordinary sense of awakening comes a clear perception of the continuity of self between waking and sleeping and the ability to significantly influence what happens within the dream giving you the opportunity to genuinely experience anything without physical or social consequences In this way lucid dreaming offers therapeutic opportunities for fantasy fulfillment fear confrontation and releasing the trauma of past experiences With development and practice lucid dreaming can provide a powerful path to greater awareness heightened creativity spiritual awakening and communication with the vast interconnected web of cosmic consciousness In this detailed guide to mastering the practice of lucid dreaming David Jay Brown draws from his more than 20 years experience using these techniques and his interactions with dozens of experts on consciousness physics dreaming and entheogens such as Stanley Krippner Rupert Sheldrake Stephen LaBerge Robert Waggoner Dean Radin Terence McKenna and many others He explores the intimate relationship between lucid dreaming shamanic journeying visionary plants and psychedelic drugs and how they are used for healing and spiritual development Offering methods for improving both lucid dreaming and shamanic journeying abilities he explains how to enhance dreaming with oneirogens supplements herbs and psychedelics and offers techniques for developing superpowers in the dream realm Summarizing the scientific research on lucid dreaming Brown explores the ability of lucid dreamers to communicate with people in the waking realm and the potential for dream telepathy shared lucid dreaming and access to the vast unconscious regions of our minds opening up a path that takes us beyond dreaming and waking to dreaming wide awake Don't Snooze Your Dreams Michelle Weger,2024-09-07 What if the biggest obstacles in your life could become your greatest strengths Well guess what They can You have big dreams Yet it seems there s always something standing in your way and reaching them feels impossible It s overwhelming and it s far less scary to hit the snooze button roll back over and carry on living life as you know it But your fear is what s really holding you back and you can overcome it Every setback you face is an opportunity in disguise and you can push past every limit that stands in the way of your dreams You don t have to snooze your dreams and you re doing yourself a massive disservice if you do In Don t Snooze Your Dreams Michelle Weger shares her extraordinary journey of living with narcolepsy a rare and debilitating sleep disorder and shows you how she turned her greatest struggle into a powerful fuel to help her achieve her wildest dreams From launching a successful business to becoming an advocate and speaker she s transformed each challenge she s faced into an opportunity and you can too Through her own incredible experiences Weger has developed a practical toolkit of strategies to help you face your struggles head on empowering you to work through whatever s holding you back so you too can achieve your wildest dreams Inside this inspirational guide you ll discover The author s incredible journey with narcolepsy and how you can use this to understand your own experience no

matter what your story is How embracing your vulnerabilities can lead to stronger connections and a more powerful version of yourself Why your fear is holding you back and how a paper dinosaur can change your perspective How to identify each part of what's keeping you from achieving your dreams and how you'll know when it's right to confront your fears and when it's better to work around them The reason a role model is more powerful than you might realize and how to find yours How to build incredible momentum without overwhelming yourself and how the rule of 15 can help you do this A deeper understanding of the role of the allies in your life with practical advice for recognizing and leaning into their support The secret to building your confidence even when bad things seem to rear their heads around every corner Why a Medical Alert Service Dog can be your biggest ally when it comes to managing life with a disability A fast track to The DREAM Method unlock 5 clear steps on the path to removing your fears and launching yourself forward to achieve your dreams And much more Life's biggest challenges are our hidden superpowers waiting for us to embrace them and when we're able to see past our fears the paths to opportunity become evident Sometimes all we need is a little inspiration and this unique guide has it in reams Your dreams are waiting for you to embrace them and you have everything you need to unlock them **Asleep at the Wheel** Jeffrey wood, 2018-12-26 Learn about Narcolepsy and one person's struggle living with the disease before and after diagnosis Have you ever woke up and not known where you were or how you got there You may have narcolepsy Have you ever laughed so hysterically you fell down and lie motionless You may have cataplexy Have you ever been accused of being drunk or on drugs even though you know you were not Learn how one person could live most of their life with all the e above happening and not know something was wrong **Asleep at the Wheel** is a sometimes funny sometimes crazy look at the life of one person with narcolepsy PWN for short **Wide Awake**, 1998 Press kit includes 1 pamphlet *Personal Experiences 2* Narcolepsy Association U.K., 1994 'To Sleep, Perchance.' Jonathan Strong, 2005-10 To Sleep Perchance is the story of one man's battle against an incurable and life wrecking complaint Narcolepsy This is a retrospective journey through the better part of half a century tracing the many career changes sackings resignations heartaches and disappointments that have been the hallmark of this debilitating disorder From falling asleep whilst in command of armoured fighting vehicles in the sixties nodding off on horseback snoozing on parade before royalty to snoring at management meetings walking zombie like into oncoming stacker trucks falling face down into steaming dishes in restaurants and turning to jelly on experiencing emotions such as joy or sorrow have been just some of the embarrassing incidents that have punctuated the author's life At times comic at times tragically sad To Sleep Perchance follows the author's struggle to survive and maintain his very sanity in the face of ignorance and indifference not merely amongst one's colleagues family and friends but even amongst the medical profession itself As the reader is taken through the many role changes in his life from soldier to salesman clerical assistant to assistant cleric controller of production to prisoner of corruption director's table to prisoner's fable and finally from strange buddies to academic studies we gain an insight of what it is like to be a captive of this twilight world *The Dream Matrix*

Nancy Myers,2013-02-09 When two women begin emailing their dreams to each other they find themselves in the strange rich world of communal dreaming The dreaming not only forges their spirituality and deepens their friendship but also becomes a gift to their communities The dreams enter the arenas of church and environmental policy as well as the lives of individuals bringing healing joy instruction and luminous connection with the Divine This story shows how to share dream time with a community and bring that dreaming reality to the awake world To those who struggle to do good in a difficult world it brings a comforting message this soulwork is possible

Lucid Dreaming Tony Crisp,2019-07-19 Through this book you will discover simple methods to improve your ability to remember your dreams and how to use sleep cues to become fully conscious whilst asleep Once awake in that way you can direct your dreams and use them to achieve a new awareness in your everyday life You will learn how to use dreams for problem solving improving relationships self confidence and skills and how to dream with others

The book delves into Wide Awake And Dreaming A Memoir Of Narcolepsy. Wide Awake And Dreaming A Memoir Of Narcolepsy is a crucial topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Wide Awake And Dreaming A Memoir Of Narcolepsy, encompassing both the fundamentals and more intricate discussions.

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 6. In chapter 5, the author will draw a conclusion about Wide Awake And Dreaming A Memoir Of Narcolepsy. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Wide Awake And Dreaming A Memoir Of Narcolepsy.

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