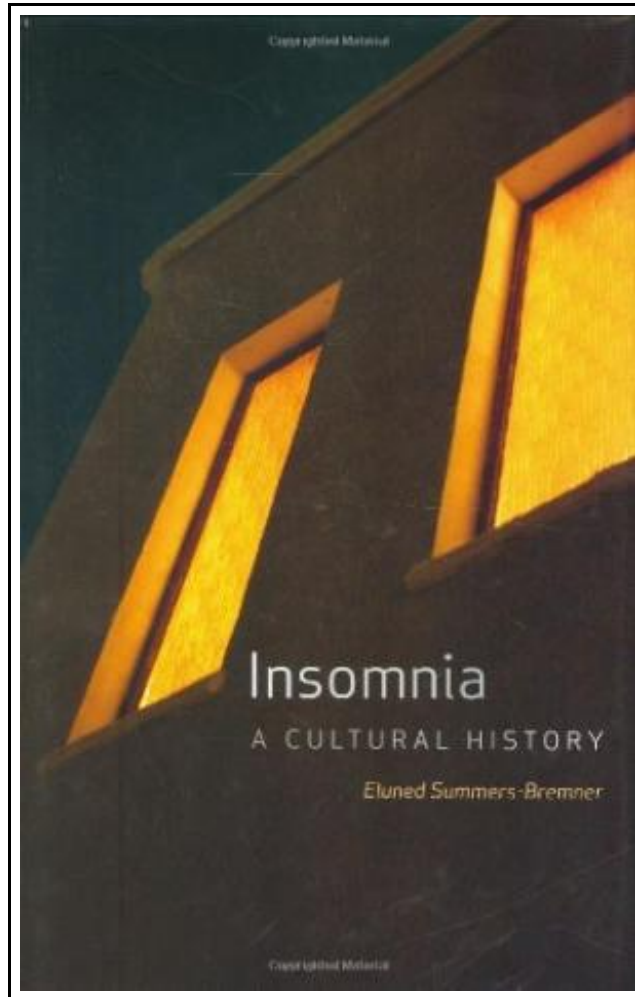


Insomnia: A Cultural History (Hardback)



Filesize: 7.65 MB

Reviews

It is one of my personal favorite ebooks. It is probably the most awesome publication I have read through. You won't really feel monotony at anytime of the time (that's what catalogs are for regarding in the event you check with me).

(Juliet Kertzmann)

INSOMNIA: A CULTURAL HISTORY (HARDBACK)

DOWNLOAD



Reaktion Books, United Kingdom, 2008. Hardback. Book Condition: New. 218 x 140 mm. Language: English . Brand New Book. In today s media-saturated and hyperconnected society, increasing numbers of people are finding it hard to switch off their overstimulated brains and escape the demands of daily life. We are becoming, it seems, a world of insomniacs but this condition of perpetual unrest has plagued people for centuries. The roots and effects of insomnia are complex, Eluned Summers-Bremner reveals in this fascinating study, and humans have employed everything from art to science to understand, explain and mitigate this problem. This exploration of sleeplessness begins with the literature of ancient times, and finds its sufferers in such prominent texts as the Iliad , the Odyssey , the Mesopotamian epic Gilgamesh , and the Bible. Insomnia continued to figure large in Romantic and Gothic literature, as the advent of street lighting in the nineteenth century inspired the fantastical blurring of daytime reality and night spectres, and authors connected insomnia to the ephemeral worlds of nightmares and the Sublime. Meanwhile, throughout the ages insomnia has been variously categorized by the medical community as a manifestation of a deeper psychological or physical malady: in medieval and early modern times, for example, physicians and philosophers saw insomnia as a symptom of lovesickness, melancholy or even demonic possession. As modern medicine and science evolved, insomnia emerged as a distinct symptom of such ailments as psychological illness or post-traumatic stress disorder following war. Today s medical solutions tend to involve prescription drugs, and Insomnia raises important questions about the role of the pharmaceutical industry and the effectiveness of such treatments. Bedside reading of the most useful sort, Insomnia won t put you to sleep, but it will help you understand the problem and its surprisingly rich cultural legacy.



[Read Insomnia: A Cultural History \(Hardback\) Online](#)



[Download PDF Insomnia: A Cultural History \(Hardback\)](#)

You May Also Like



The Mystery of God s Evidence They Don t Want You to Know of (Paperback)

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****.Save children s lives learn the discovery of God Can we discover God?...

[Download eBook »](#)



The Range Dwellers (Paperback)

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help...

[Download eBook »](#)



Finally Free (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Its been four years since Malakais death, and Kinara couldnt...

[Download eBook »](#)



The Stories Mother Nature Told Her Children (Paperback)

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help...

[Download eBook »](#)



More Spaghetti, I Say! (Paperback)

Scholastic Inc., United States, 1993. Paperback. Book Condition: New. Mort Gerberg (illustrator). Reissue. 218 x 147 mm. Language: English . Brand New Book. With inspiring and educational stories, Scholastic s Hello Reader series caters to...

[Download eBook »](#)

**Boost Your Child s Creativity: Teach Yourself 2010 (Paperback)**

Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Book Condition: New. 196 x 130 mm. Language: English . Brand New Book. Every parent wants their child to achieve their full potential. Whatever your child s

[Read ePub »](#)

**Patent Ease: How to Write You Own Patent Application (Paperback)**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Patent Ease! The new How to write your own Patent book for beginners!

[Read ePub »](#)

**Rumpy Dumb Bunny: An Early Reader Children s Book (Paperback)**

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Rumpy is a dumb bunny. He eats poison ivy for breakfast and annoys

[Read ePub »](#)

**Jack Drummond s Christmas Present: Adventure Series for Children Ages 9-12 (Paperback)**

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A very warm welcome to Jack Drummond s Christmas Present, the sixth book

[Read ePub »](#)

**No Friends?: How to Make Friends Fast and Keep Them (Paperback)**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any

[Read ePub »](#)