



Sleep, Death's Brother

Jesse Ball

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Sleep, Death's Brother is an instruction manual on dreaming for children or incarcerated persons, teaching such individuals to lucid dream and thus use their dreams to somewhat escape their situations. While it is often the case that dream life is passively experienced, acclaimed novelist Jesse Ball (born 1978) reminds us that dreaming life is also a place where a sense of agency can grow. Even in the midst of physical or emotional environments that do not support such development in waking life, dreams are a place where one can take control. Ball calls for bravery in the exploration of this practice, and provides the dreamer with useful habits and techniques. Full of affirmation and wisdom, Sleep, Death's Brother is a guidebook "for all oneironauts young and old."



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