Cartwright writes an intriguing look at us as people. Her book is appropriately named, “The 24 Hour Mind.”

Delving into our inner space and relating the functions of sleep and dreaming as a continuum of our waking state, and conversely our waking state to the sleep/dream state. The book gives the lay reader just the right amount of technical understanding to gain a greater understanding of self, in a healthy wake/sleep cycle and sometimes sadly and tragically the consequences when these states go awry.

Relating to us with an interesting personal narrative and experience the reader gains a gestalt, we are indeed more than the sum of our parts.

Cartwright touches base on several prior theory’s of dreams, some saying dreams are just random fizzle of the brain, and explains to the reader how we are processing emotional events, hopefully for the better well being of mind and body. While not a “self-help” book the reflective reader gains a greater self-understanding.

In Cartwright’s writing a passion for more research is heard, lending avenues for fruitful discoveries. Indeed the book could be amplified to volumes.

A large chord in the book is our need to better understand and accept that when the sleep cycle is askew terrible things can happen. Citing cases with very different out comes, which reads at times like a suspense novel, the reader must remind themselves that these horrible events were perpetuated by normally passive people in a state of sleep waking. Persuasive in her argument and heart breaking in consequences the reader is left with a feeling that in our lack of understanding terrible miscarriages of justice are also a consequence.

I give this book a solid endorsement, wish it was longer and hope the author continues to share with us the insight she has gained in decades of research.