

To most, dreams are things that slip away when we reemerge into the waking world, their remnants jumbled up and only half recalled. At their best, they are populated by pleasant recollections and surreal experiences. But at their worst, they can be traumatizing and prevent us from receiving the necessary benefits of sleep.

So why do we dream at all? What makes a person prone to nightmares? How do our bodies interface with our brains when we're not awake? And how can we harness our sleeping minds to improve our waking lives?

In *Nightmare Obscura*, dream researcher Michelle Carr unlocks the science behind the sleeping body. Drawing on her expertise in nightmares, lucid dreaming, and the cutting-edge field of dream engineering, she reveals how we can revolutionize our sleeping—and waking—health.

Michelle Carr is the director of the Dream Engineering Laboratory in the Center for Advanced Research in Sleep Medicine, an assistant professor at the University of Montreal, and a former president of the International Association for the Study of Dreams. Alongside her research and work as a dream engineer, she has published numerous scientific papers, a popular *Psychology Today* blog, and articles for *New Scientist*, *Aeon*, and *Scientific American*.

Read by Patricia Rodriguez



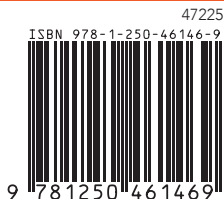
Runtime: 9h. 58m. • Unabridged

© 2025 Michelle Carr © 2025 by Macmillan Audio, 120 Broadway, New York, NY 10271. Jacket design by theBookDesigners. Jacket artwork © Anna Kutukova / Shutterstock. www.macmillanaudio.com

playaway
PRODUCTS

© 2025 Playaway. Patented.
All rights reserved.
31999 Aurora Road, Solon, OH 44139 USA
Designed in Ohio. Made in China.
www.playaway.com

The Playaway format is recommended for children ages 5 and up.



AUDIO

MICHELLE CARR

NIGHTMARE OBSCURA

Adult



PLAYAWAY
THE ALL-IN-ONE AUDIOBOOK

