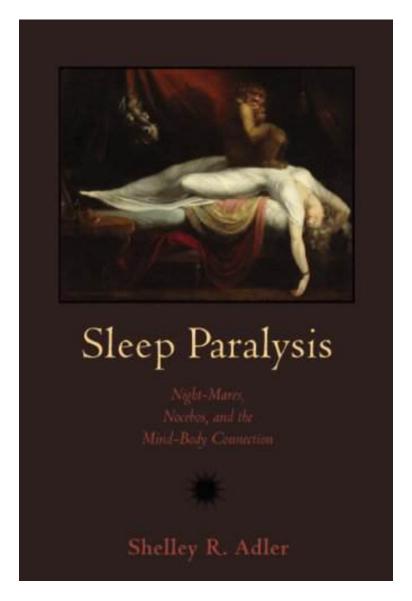
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1 of 2 review helpful great By Rio bought the book for a research paper and my girlfriend suffers from it and it had a lot of good insights into Sleep Paralysis 1 of 7 review helpful It was better than the other book I bought on this subject By Willie Smith Adler s book was really a more scientific and thorough discussion of the problem of sleep paralysis than was Mic Sleep Paralysis explores a distinctive form of nocturnal fright the night mare or incubus In its original meaning a night mare was the nocturnal visit of an evil being that threatened to press the life out of its victim Today it is known as sleep paralysis a state of consciousness between sleep and wakefulness when you are unable to move or speak and may experience vivid and often frightening hallucinations Culture history and biology intersect to A nbsp fascinating and engaging book Drawing upon multiple sources including art literature work by other researches and her own fieldwork Adler adroitly weaves a cogent narrative which provides insight into this pervasive yet under recognized affli

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