



How the military used sleep as a weapon—and how soldiers fought back On April 21, 1971, hundreds of Vietnam veterans fell asleep on the National Mall, wondering whether they would be arrested by daybreak. Veterans had fought the courts for the right to sleep in public while demonstrating against the war. When the Supreme Court denied their petition, they decided to break the law and turned sleep into a form of direct action. During and after the Second World War, military psychiatrists used sleep therapies to treat an epidemic of “combat fatigue.” Inducing deep and twilight sleep in clinical settings, they studied the effects of war violence on the mind and developed the techniques of brainwashing that would weaponize both memory and sleep. In the Vietnam era, radical veterans reclaimed the authority to interpret their own traumatic symptoms—nightmares, flashbacks, insomnia —and pioneered new methods of protest. In *Fighting Sleep*, Franny Nudelman recounts the struggle over sleep in the postwar world, revealing that the subject was instrumental to the development of military science, professional psychiatry, and antiwar activism.

What would it take to turn you into a suicide bomber? How would you interrogate a member of Al Qaeda? With access to formerly classified documentation and interviews from the CIA, the U.S. Army, MI5, MI6, and the British Intelligence Corps, acclaimed journalist Dominic Streatfeild traces the history of the world’s most secret psychological procedure. From the cold war to the height of today’s war on terror, groups as

dissimilar as armies, religious cults, and advertising agencies have been accused of brainwashing. But what does this mean? Is it possible to erase memories or to implant them artificially? Do heavy-metal records contain subliminal messages? Do religious cults brainwash recruits? What were the CIA and MI6 doing with LSD in the 1950s? How far have the world’s militaries really gone? From the author of the definitive history of cocaine, *Brainwash* is required reading in an era of cutting-edge and often controversial interrogation practices. More than just an examination of the techniques used by the CIA, the KGB, and the Taliban, it is also a gripping, full history of the heated efforts to master the elusive, secret techniques of mind control.

A harrowing account of brainwashing’s pervasive role in the twentieth and twenty-first centuries This gripping book traces the evolution of brainwashing from its beginnings in torture and religious conversion into the age of neuroscience and social media. When Pavlov introduced scientific approaches, his research was enthusiastically supported by Lenin and Stalin, setting the stage for major breakthroughs in tools

for social, political, and religious control. Tracing these developments through many of the past century’s major conflagrations, Dimsdale narrates how when World War II erupted, governments secretly raced to develop drugs for interrogation. Brainwashing returned to the spotlight during the Cold War in the hands of the North Koreans and Chinese. In response, a huge Manhattan Project of the Mind was established to

study memory obliteration, indoctrination during sleep, and hallucinogens. Cults used the techniques as well. Nobel laureates, university academics, intelligence operatives, criminals, and clerics all populate this shattering and dark story—one that hasn’t yet ended.

Attachment in Cults and Totalitarian Systems

Dark Persuasion

Forbidden Manipulation And Deception Techniques To Persuade And Brainwash Anyone

Learn the Dark Secrets of Hypnosis, Manipulation, Deception, Persuasion, Brainwashing and Human Psychology

How to Change Your Mind

Brainwashing and Postwar American Society

Demonstrates how the explanatory power of brain scans in particular and neuroscience more generally has been overestimated, arguing that the overzealous application of brain science has undermined notions of free will and responsibility.

Dr. Walter begins with a history of the evolution of the brain, and describes to us something of the meaning of “that enchanted loom where millions of flashing shuttles weave a dissolving pattern.” He then tells the story of the invention and perfection of the EEG machine and its clinical use for the diagnosis of brain afflictions. He analyzes, with vivid examples, the rhythmic patterns of personality revealed in different “brain prints,” and discusses what light these new electronic processes can throw on memory, vision, fatigue, sleep, hypnotism, genius, lucid dreaming, and other problems of everyday interest. He includes descriptions, with wiring diagrams, of the various electrical toys (including the speculatrix or mechanical turtle) which he has himself invented to demonstrate his theories. With an extraordinary gift for language, a minimum of speculation and a maximum of demonstrated fact, Dr. Walter has written a truly exciting book, a landmark in the advance of human knowledge.

“Fascinating. Doidge’s book is a remarkable and hopeful portrait of the endless adaptability of the human brain.”—Oliver Sacks, MD, author of *The Man Who Mistook His Wife for a Hat* What is neuroplasticity? Is it possible to change your brain? Norman Doidge’s inspiring guide to the new brain science explains all of this and more. An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled to a remote

country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they’ve transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and

character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.