

About the Author, Lincoln Stoller

I was inspired to wonder about things before I started schooling. I can't identify what sparked this wondering, so it must be genetic. Included in my family's orbit were some of the world's great artist-engineers: Sandy Calder, Bucky Fully, Charles Eames, Frie Otto, and many others. I don't really remember them, but they made an impression.

Curiosity has direction and consequence; my schooling offered neither. Before I was a teenager, I independently practiced diving, weight lifting, bicycle racing, and many different hobbies. I attempted to learn science and to read the classics. My interests were tolerated, supported by no one, and I failed to realize almost every goal. But they were interesting failures, and I wasn't disappointed. After each endeavor I found myself pointed in a better direction.

This book contains the result of this fruitful curiosity. I no longer consider anything to be failure. I am addicted to the endorphins of exploration and discovery, which is generally considered to be a sign of overachievement.

Sleep deprivation is pervasive in Western culture, and lucid dreaming is popular among the 20s and 30s crowd. I have relocated from New York to Vancouver Island, British Columbia to take advantage of an especially large number of sleep deprived adults and lucid dreaming enthusiasts. My antipathy toward Western psychology is shared by holistic practitioners who are numerous in this locale.

I am now practicing as a hypnotherapist specializing in sleep dysregulation, chronic illness, and personal transformation. Hypnosis is the "bad boy" of psychology, and it can get wacky, but its roots are deeper than Western medicine, and its practice spans centuries, cultures, and disciplines. My alliance with the iconoclasts of hypnosis finds a warmer welcome on the West Coast.

I work in the areas of emotion, psychopathology, neurology, personal growth, culture, computer science, and the foundations of quantum mechanics. For more information, visit my website at www.mindstrengthbalance.com.