

Dreams and What They Mean to You



Learn to decipher the symbols and messages in your dreams with the help of this trusted guide.

Rating: Not Rated Yet

Price

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Description

Dreams and What They Mean To You begins by exploring the nature of the human mind and consciousness, then discusses the results of the most recent scientific research on sleep and dreams. The author analyzes different types of dreams, including: telepathic, nightmares, sexual, and prophetic. In addition, she presents an extensive dream dictionary which lists the meanings for a wide variety of dream images.

Besides interpreting your dreams, you can learn to control them. This book presents techniques to remember dreams easily, dream more effectively, recall your dreams, and even learn to become aware that you are dreaming. This can greatly enhance your dream experiences and intuition and also lead to prophetic dreams.

Through a language of their own, dreams contain essential information which can change your life. This fascinating book gives you all the information needed to begin interpreting—and even creating—your own dreams.

Reviews

There are yet no reviews for this product.