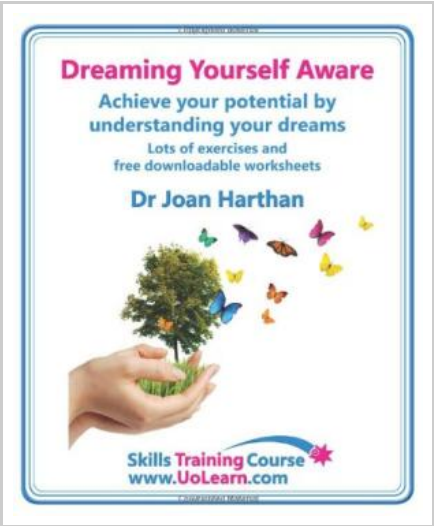


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Dreaming Yourself Aware - Find Dream Meanings and Interpretations to Understand What Your Dream Means - A Dream Book to Become Your Own Dream Interpreter: Use Dreaming for Goal Setting to Make Life

By Joan Harthan

Universe of Learning Ltd, United Kingdom, 2011. Paperback. Book Condition: New. 234 x 190 mm. Language: English . Brand New Book ***** Print on Demand *****.Dreaming yourself aware This book is based on the belief that only you can accurately interpret your dreams. Dreams are a true reflection of the real you. This book will guide you, in easy to follow steps, to understanding yourself better through your dreams. You will learn to work creatively with your dreams to make better life choices and take positive action to achieve your potential. Learn how to remember and record your dreams. A structured approach with lots of tools to understand your dreams. Explanation of the language of dreams and the importance of symbols. A large variety of techniques for dream interpretation. Step by step instructions and worked examples to understand a series of dreams. Exercises to help you incubate a dream to find answers to problems. Understand your motivation and reveal your goals. Make positive changes to your life with easy to use tools for interpreting dreams. Open new doors into awareness and understanding of yourself and others. How to find and follow the signposts in your dreams to a richer, more...

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