



# The Dreamer's Workbook: A Complete Guide To Interpreting And Understanding Dreams

*Nerys Dee*

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# The Dreamer's Workbook: A Complete Guide To Interpreting And Understanding Dreams

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Gain a better understanding of your conscious existence by learning to read the messages that come to you in your sleep. A series of exercises takes you through the stages of remembering, recording, interpreting, and even influencing your dreams, and a comprehensive A-Z dictionary explains the meanings of hundreds of images. All types of dream are discussed, including those that are precognitive, healing, archetypal, messages, and nightmares. Entries from actual dream diaries explore the hidden meanings of the various dream-forms. 240 pages, 8 1/4 x 11.

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