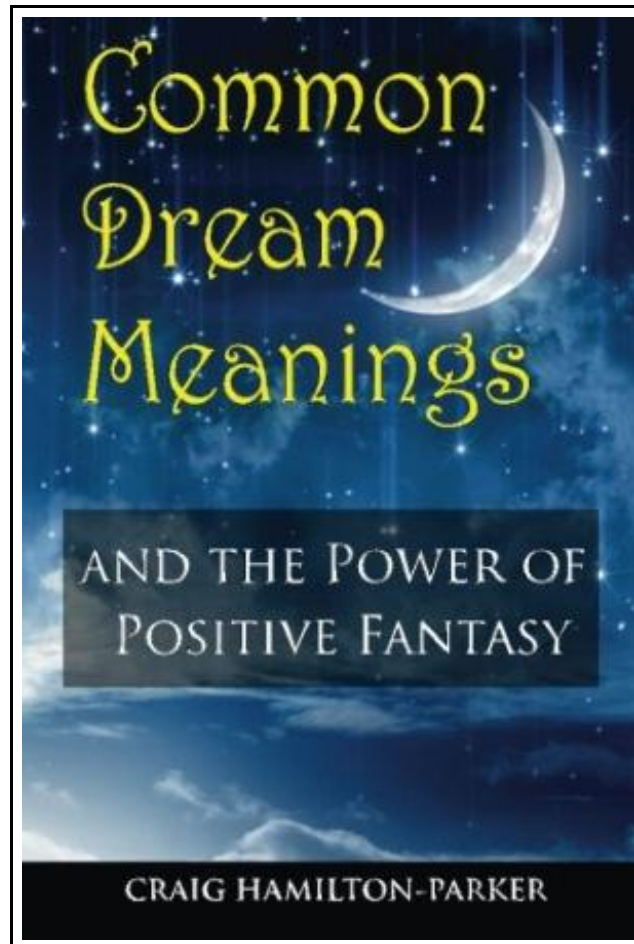


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Createspace, United States, 2002. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Common Dream Meanings will help you to understand, unlock and interpret the secrets of your dreams. The dream lists are divided into 5 main themed sections: Sex and Relationships Dream Meanings, Money and Career Dream Meanings, Travel and Adventure Dream Meanings, Childhood and Family Dream Meanings and Spirit Soul Dream Meanings. The in-depth interpretations will give you an insight into the workings of your unconscious mind and enable you to discover the unconscious forces that drive you. Also included are positive fantasy and daydreaming techniques that you can use to gain insight into your hidden emotions and feelings. This form of mindful self-observation in daily life will deepen your understanding of how the unconscious is influencing your decisions. Watching the mind's spontaneous faculty of imagining impossible or improbable things reveals a great deal about what is happening within us. With this new self-knowledge you will gain greater insight - and with this a degree of control - over your thoughts, feelings and worries. You will be shown how dreams and fantasies can entrap you or liberate you. Common Dream Meanings expands on some of the psychology of dream interpretation in Craig Hamilton-Parker's bestselling book called The Hidden Meaning of Dreams . The author explains dream techniques including: decoding, analysis, psychological interpretations, the psychology of Carl Jung and Sigmund Freud as well as modern methods to make an interpretation of dreams. The author is also seen on television and hosts a show called Nightmares Decoded. In this book about dreams he also touches upon the realm of nightmares and offers lucid dreaming techniques to help you overcome your hidden fears and recurring dreams. Common Dream Meanings also...

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