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All About Dreams: Everything You Need to Know About Why We Have Them, What They Mean, and How to Put Them to Work for You

By Gayle M.V. Delaney

HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. 229 x 185 mm. Language: English . Brand New Book. The Ultimate Resource for Exploring the World of Dreams As the very first contemporary all-in-one dream handbook, All About Dreams is a must-have for every curious dreamer who has ever wondered at the real meaning of dreams, why we have them, how to interpret them, why they are important, and how to actively use them in waking life. Dipping into the ancient well of dream history, internationally renowned dreamwork pioneer Gayle Delaney whisks us along on a brief and fascinating tour of the roots of our thinking about dreams--from Aristotle's empirical thinking to Freud's sex-centric worldview; from Egyptian and Greek perspectives to Jewish beliefs drawn from the Old Testament; from Hindu and Chinese traditions to modern Western ideas--and merges these historical, philosophical, religious, and psychological threads with today's newest thinking about dream interpretation and the latest techniques being used around the world. A masterful survey of the fact and fiction surrounding dreams, as well as a hands-on guide to working directly with your own powerful dream images, All About Dreams shows you how to: Master Delaney's amazingly effective...


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