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1000 Dreams: Discover the Meanings of Dream Symbols, Secrets & Stories

By David Fontana

Watkins Media. Paperback. Book Condition: new. BRAND NEW, 1000 Dreams: Discover the Meanings of Dream Symbols, Secrets & Stories, David Fontana, This bumper, superbly illustrated book helps us to understand our dreams by tracing their coded messages. The first three chapters take a fascinating look at the history of dream analysis, the language of dreams and the principles of interpretation. There are case studies, as well as effective techniques for encouraging and recording dreams, for prompting lucid (controlled) dreaming and for distinguishing psychologically important dreams from less significant ones. Then, an extensive and invaluable Key to Dream Symbols provides enlightening interpretations of a wealth of symbols organized thematically - supported by a comprehensive A - Z dream index at the back of the book. This thematic organisation enables the reader to understand significant associations within clusters of dream symbolism. Entertaining and informative in equal measure, this superb book deserves a treasured place in every bedroom.



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