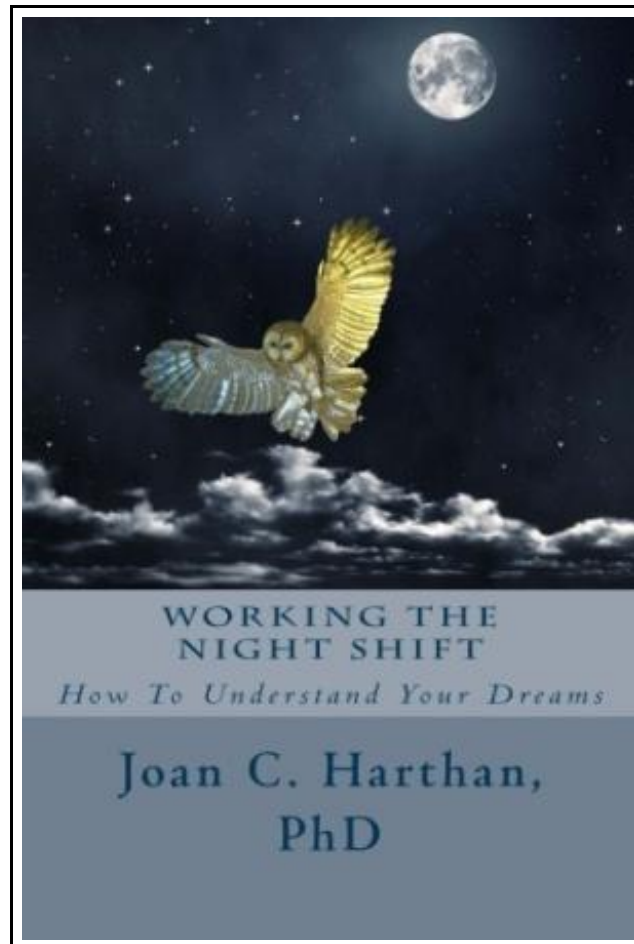


## Working the Night Shift: How to Understand Your Dreams



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## WORKING THE NIGHT SHIFT: HOW TO UNDERSTAND YOUR DREAMS



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Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Working The Night Shift is the first book in the series The Dream Shift . It covers the basic information and tools you need to work successfully with your dreams. Part One contains a comprehensive background to the history of dreams and how the modern world views them. There are tips on how to remember your dreams, how to keep a record of them and how to use them to answer specific questions about your life. Part Two is a step by step guide to ten of the most useful and effective dream analysis techniques. The techniques supply the essential groundwork for working productively with dreams and can be used by those working alone, in groups or in therapy. The book illustrates, with examples from the author's own dreams, how information found in this magical world can be used as a springboard for major life changes. But dreams can only be interpreted if we learn their language. They speak in metaphor and use symbols pulled from the past, present and future life of the dreamer to tell their unique stories. Interpretation of these symbols can be found in dream dictionaries but these interpretations can be misleading and lead the dreamer away from the true meaning of their dream. Dream symbols are very personal to the dreamer; they have a unique meaning within the context of one person's dream. This book will give you the skills to understand your own dream language and lead you to a better understanding of yourself. Dreams are the windows into the unconscious, they explore concepts and issues that are affecting your life in the here and now. They suggest resolution to...



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