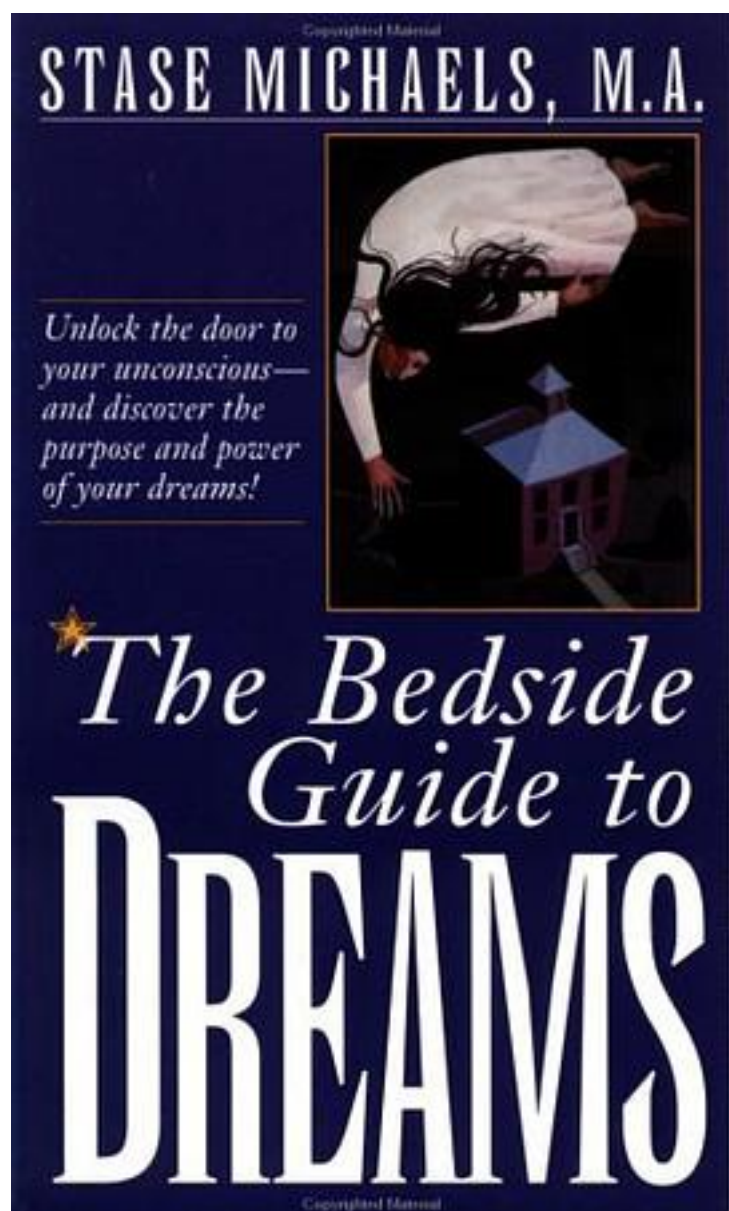


# Bedside Guide to Dreams



[Bedside Guide to Dreams\\_ 下载链接1](#)

著者:Michaels M.A., Stase

出版者:Ballantine Books

出版时间:1995-11

装帧:Pap

isbn:9780449223840

WAKE UP TO A WHOLE NEW WORLD OF KNOWLEDGE

An unanalyzed dream is like an unopened letter from a friend. Inside are messages of caution and concern, hope and inspiration, that can have a dramatic impact on both your everyday life and your lifetime goals. Psychologist Stase Michaels guides you through the inner journey and adventure that begins with a dream and ends in exciting practical and spiritual insights on the road to self-discovery.

With a simple five-step method to dream interpretation, this remarkable book offers specific techniques for drawing on this vital resource of personal growth and empowerment. The author explores twenty-seven dream types and pinpoints how they can expand your horizons and enrich your experience. Listen to your dreams and learn how they can:

- \* Provide vital keys to your body and health
- \* Enhance your relationships, including your sex and love life
- \* Inform your decision making, tap your creativity, and help you meet challenges and goals

Plus a revealing look at nightmares, dreams about past lives, future predictions, and much more.

作者介绍:

目录:

[Bedside Guide to Dreams\\_ 下载链接1](#)

标签

评论

-----

[Bedside Guide to Dreams 下载链接1](#)

书评

-----  
[Bedside Guide to Dreams 下载链接1](#)