

Dream Exploration



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Dreams speak to us in a symbolic language. From night to night, those symbols and images can appear wildly different. But in truth, they are likely replaying an important theme in your life, a vital message from your dream world to your conscious mind. While most dream books focus on symbolism, Dream Exploration helps readers go deeper by exploring the themes presented in dream life and their relationship to waking life. Written as a how-to guide, this first-of-its-kind book includes a twelve-step process that helps you identify core themes in your life and how best to grow with them. Also included is a theme matrix that offers practical actions readers can take to move beyond their dreams.

作者介绍:

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