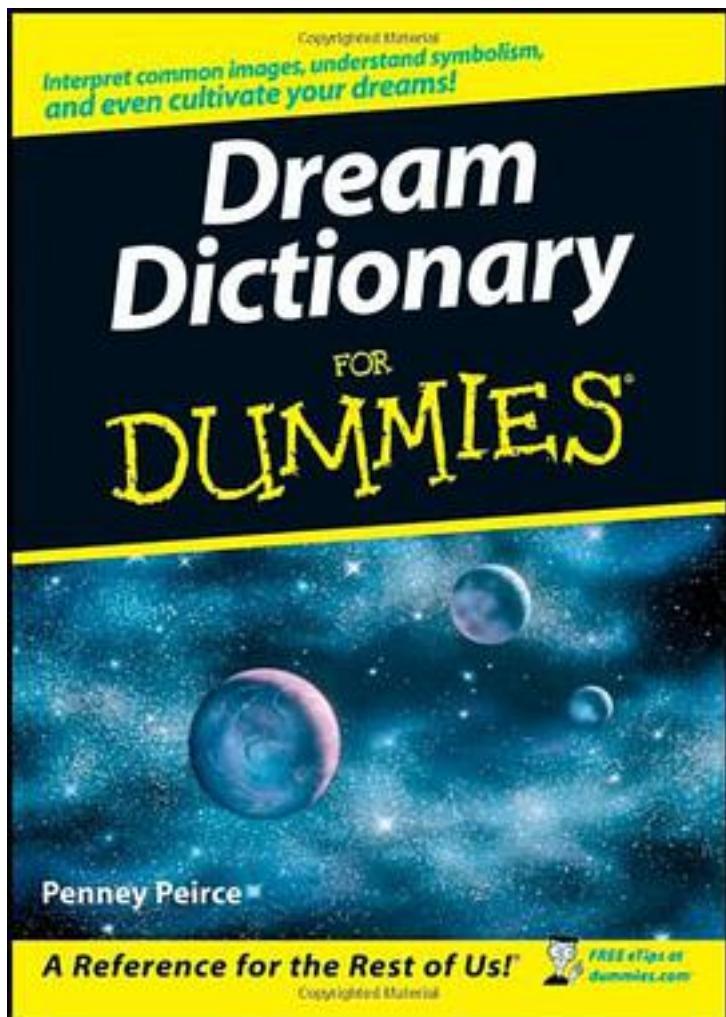


# 解梦 Dream Dictionary For Dummies



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在线阅读本书

Dreams! What do they mean? You probably recognize a connection between the dream world and the “real” world, but did you know that you can actually do things to nurture your dream life? Dream Dictionary For Dummies is the fun and fascinating guide that shows you not only how to decode your dreams, but how to remember them and even how to make a dream work for you. Whether you're already a prolific dreamer or are just peeking into the unknown, you're sure to get results from the insights, techniques, and tips provided in this unique and transforming guide. An A-to-Z list of dream symbols and their meanings helps you make sense of your dreams and harness them to increase your creativity, solve problems, find life purpose, and obtain accurate personal guidance. And, just by reading the dictionary definitions, you'll begin to understand symbology in a much deeper way. You'll learn how to synchronize your body, emotions, mind, and soul to experience the full meaning of your dreams and, in some cases, make them your reality. Discover how to: Recognize your dream cycles Increase your ability to remember your dreams Keep and use a dream diary Notice your waking dreams Uncover hidden messages in your dreams Focus your dreams to solve problems or make decisions Form a dream support group So start dreaming and get back to reality with a little help from Dream Dictionary For Dummies.

作者介绍:

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标签

评论

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只是作为速读训练书来读而已哈哈哈哈。只是感觉这些解释真的是太没根据把读者当傻子么-- 不过坚持写dream journal的确可以让梦境更清晰也可以提高清明梦的几率~

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貌似是通过循环回忆和创造很多梦的细节来达到自我暗示和自我催眠的结合，没试过有没有用，不过了解一下可以利用某些技术来平复一下有时候受惊吓的心情吧 3星

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