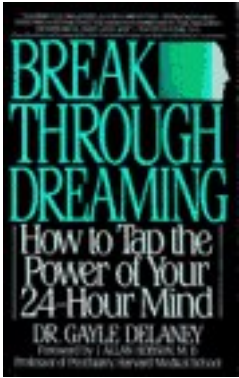


Breakthrough Dreaming



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著者:Gayle Delaney

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From AudioFile Delaney offers a method of tapping into your dreams' metaphoric logic. With attention to the unconscious, you can discover your fears, strengths and desires. This audiobook feels much like a self-help seminar or an inspirational speech. Delaney's voice is pleasant and conversational; some falterings in her reading are not edited. But there are musical interludes between each section, which seem unnecessary and distracting. While the book seems geared toward business people, most of the public could benefit from Delaney's urging to pay attention to that fertile soil of our dreaming minds. R.A.P. (c)AudioFile, Portland, Maine --This text refers to an out of print or unavailable edition of this title. Book Description Do your most important thinking in your sleep! The world's foremost producer of personal development and motivational audio programs brings you an inside look at how to use your dreams for success in everyday life. From internationally recognized dream psychologist Dr. Gayle Delaney comes Breakthrough Dreaming -- a practical guide to using the power of dreams to improve your waking life. Sharing fascinating stories of how other top professionals have used her methods to achieve breakthroughs in their own personal and professional lives, Dr. Delaney tells you how to: Tap the hidden resources of your sleeping mind Develop the ability to target your own dreams Keep a Dream Journal that chronicles your developing and ongoing dream-generated ideas

Learn the dream interview techniques that will help you understand your dreams in the most practical way Tune into a whole new way of thinking, one that more completely utilizes the incredible creative resources of your brain Start your own dream experiments tonight with Breakthrough Dreaming -- it's as easy as falling asleep. --This text refers to an out of print or unavailable edition of this title. See all Editorial Reviews

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