Collins Gem Understanding Dreams





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A refreshed and redesigned edition of this popular handy-sized guide to dreams and

their meanings. Throughout history and across many different cultures, dreams and dreaming have had much importance attached to them. From the ancient Greeks to Sigmund Freud and today's mind/body/spirit gurus, people have sought to use the interpretation of dreams as a means of unlocking the mysteries of the subconscious. This updated edition of Collins Gem Understanding Dreams allows you to unlock the secrets of dreams and dreaming. The easy-to-use A–Z listing of over 1,000 of the most common dream symbols enables you to discover their meanings within seconds of waking up. You will also be able to discover whether your dream foretells good or bad news, is a warning, or isa manifestation of a particular longing or a desire. Collins Gem Understanding Dreams is ideal for keeping in your bedside cabinet or under your pillow. So, if you've been dreaming of flirting or flogging, dolls or doors, stars or starvation, this is the only guide to interpreting dream symbols you will need.

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