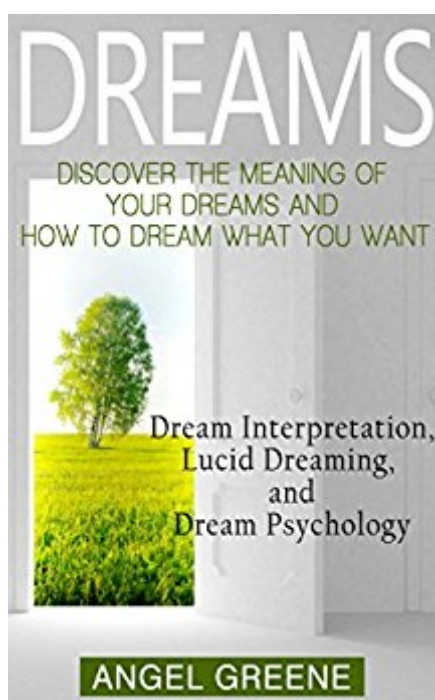


The book was found

Dreams: Discover The Meaning Of Your Dreams And How To Dream What You Want - Dream Interpretation, Lucid Dreaming, And Dream Psychology (+BONUS) (Dream Analysis, Dream Meanings, Lucid Dream)



Synopsis

BONUS INCLUDED - Explore the Wonderful and Mysterious World of

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Are you curious about your dreams? Would you like to know what they mean? Do you want to know how you can enjoy the fascinating experience of lucid dreaming? If so, then *Dreams: Discover the Meaning of Your Dreams and How to Dream What You Want - Dream Interpretation, Lucid Dreaming, and Dream Psychology* is the book for you! You'll learn what dreams are, and how they help you practice your responses, "defragment" your mind, and become wise. Dreams are your own personal psychotherapist! *Dreams: Discover the Meaning of Your Dreams and How to Dream What You Want - Dream Interpretation, Lucid Dreaming, and Dream Psychology* is available for Download Now. You'll discover the meanings of common dreams, such as: Falling Dreams, Nude Dreams, Floating Dreams, Dreams of Danger, Chasing Dreams, Exam Dreams. *Dreams: Discover the Meaning of Your Dreams and How to Dream What You Want - Dream Interpretation, Lucid Dreaming, and Dream Psychology* explains how to analyze your dreams. By maintaining a record of your dreams and identifying your emotions and other elements, you become an expert on your own mind! You'll even discover these powerful Techniques for Lucid Dreaming: WBTB, MILD, Autosuggestion. | Download *Dreams: Discover the Meaning of Your Dreams and How to Dream What You Want - Dream Interpretation, Lucid Dreaming, and Dream Psychology* Now for Instant Reading by Scrolling Up and Clicking the "Buy" Button. | Turn every night into an exciting adventure full of new insights!

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Customer Reviews

This little book is like a survey course on dreams and dreaming. The author discusses a number of theories about how and why we dream, and about how to interpret our dreams. Dreams are either driven by our sexual urges (Freud), or they are a way we compensate for underdeveloped parts of our personality (Jung), or they are a way for us to practice solutions to our problems, or they are totally random and meaningless, or they are just a way our brain does some housekeeping and gets rid of superfluous memories. There aren't really any conclusions, because we really don't know which theory is correct, or if any of them are. The author also discusses "Lucid Dreaming," which is a technique by which some people can at least partially control their dreams by getting into a sort of half-awake, half-asleep state where they are aware they are dreaming, and can direct the dream. Fascinating stuff. All in all, a nice little introduction to dreams.

I first read this book as a loan from my friend and simply had to get my own copy. This book helped me understand many confusing questions I've had about dreams. What triggered that specific dream? What are dreams anyway? Why do some dreams make sense while others don't? The author explores many frequently asked questions about dreaming as well as lucid dreaming. This is a great book that will help in understanding and interpreting dreams.

A book that focuses on the dreams analyzed in detail. What really it happens inside us and the reactions it has in our subconscious. This book is written in a simple way, with many examples that can get to facilitate understanding. Dreams studied the most scientific way that can be are often expressions of our fears, our concerns and this guide explains in detail all possible cases of strange dreams and their meanings. A guide that is worth reading.

Everybody has the same dreams. The dream that you don't remember anything about it when you wake up. And of course we have had the dream many times that we remember but it doesn't make sense. Ms. Greene explains the many types of dreams and the accepted meaning of them. She takes you thru the symbolism of the different parts of the dreams. She also teaches you how to have a lucid dream. That means you will remember the dream and be able to make sense of it. Each chapter and subchapter is explained in detail in language you can understand. I've read several of Ms. Greene's books and she always teaches you something. All of her books have any easy flow to them that makes it enjoyable. I received this product in exchange for my honest review

Many times we all wonder what our dreams are trying to tell us, explain or just a hint into our future. I like the way the book explain and give you more understanding as to what means what and how good or bad things have and will happen. Yes this is no crystal ball but it is a help.

I have always been a fan about dreams and finding out exactly what the meanings were behind some of the content I could actually remember. This book has the science behind trying to find out the meaning, but it's very easy to understand unlike some other books about dreams and their meanings. It explains how to analyze your dreams so that you can wake up and try to break them down and understand how you're feeling or were feeling and how it leads into the dreams you have. If you want to open your mind a little more on dreams, how they relate to your daily life and what leads into the dreams then this is the book for you.

I'm only halfway through this book & I absolutely LOVE it. I don't think I've ever had a lucid dream before, as real as some of my dreams have been (especially when I was pregnant both times), I don't think I've ever actually KNOWN it was a dream. I love how this book interprets the types of dreams I've had & although there are methods to manipulate dreams, I think I enjoy them being random. I can't wait to finish reading this, so far there are plenty of elements I already relate to. I wonder if it will uncover repetitive dreams. If not, then I'll DEFINITELY buy the next book if it does.

There is no theory! This sentence was surprising as I personally believed that you dream about what you think. I have a record to dreams to prove my statement, but the book has provided many other statements in favor of no theory. The author has given strong argumentation to make this point. The scientific record says that dreams may have no purpose, but then the author explained,

why need to control our dreams. How dreams give us the great emotional freedom and courage? This is where the lucid dreaming comes into play. The author has explained good ways to let your dream flow...

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