

<<解梦 Dream Dictionary F>>

图书基本信息

书名：<<解梦 Dream Dictionary For Dummies>>

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作者：Penney Peirce

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内容概要

You probably recognize a connection between the dream world and the "real" world, but did you know you can actually do things to nurture your dream life? This fun and fascinating guide shows you not only how to decode your dreams, but how to remember them and even how to make a dream work for you. Discover how to:

Recognize your dream cycles      Increase your ability to remember your dreams      Keep and use a dream diary      Notice your waking dreams      Focus your dreams to solve problems or make decisions.

书籍目录

Introduction Part I: Decode Your Dreams Chapter 1: Opening Your Dream Door Chapter 2: Increasing Dream Recall Chapter 3: Identifying Dream Activity Chapter 4: Unlocking the Secrets in Symbols Chapter 5: Finding Dream Meanings Part II: Dictionary of Symbols Dictionary Part III: The Part of Tens Chapter 6: Ten Techniques for Exploring Dream Messages Chapter 7: Ten Common Dreams and Their Meanings Appendix: Dream Diary Writing Prompts Index

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