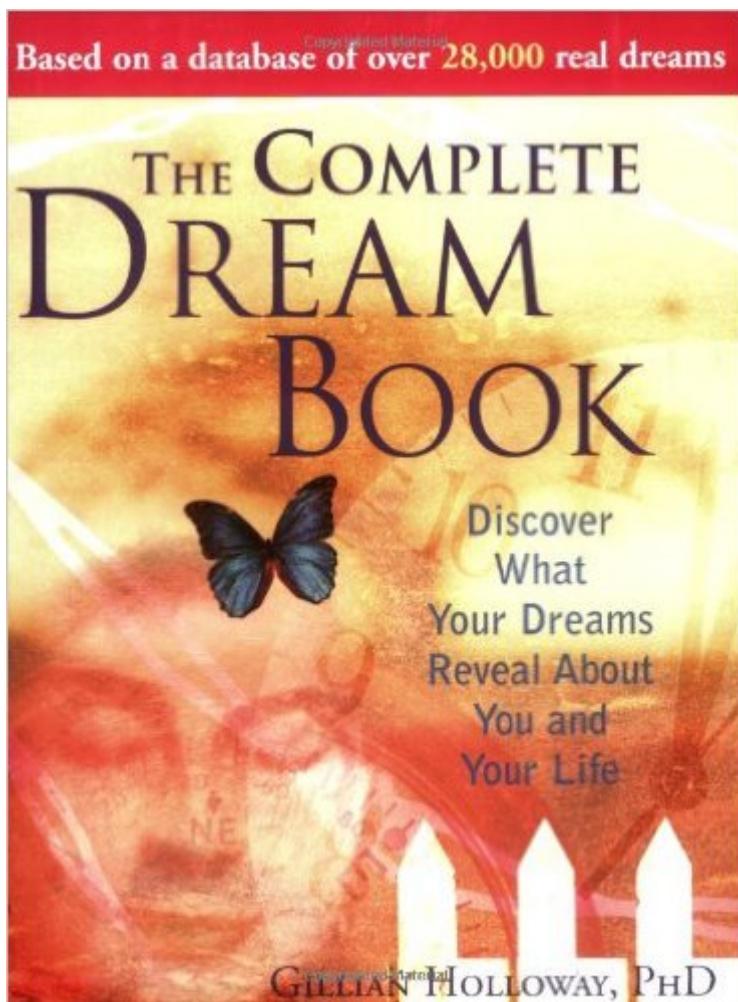


The book was found

The Complete Dream Book: Discover What Your Dreams Reveal About You And Your Life (Book Cover May Vary)



Synopsis

The average person will dream over 150,000 dreams in a lifetime--each one a complex web of imagery and deeper meaning. The Complete Dream Book uses the interpretation of 28,000 actual dreams from contemporary dreamers, just like you, to help you access the substance and meaning of your own dreams. Discover:--Who's who in your dreams--Which dreams recur during certain life stages--The true meaning behind your nightmares--Why you have certain dreams again and again--How to tell if a dream is worth interpreting--and if you've done it correctly--The phenomenon of precognitive dreams. The Complete Dream Book is the only dream interpretation book based on concrete data about real people's dreams and how the real events in their lives relate to their nighttime visions.

Book Information

Series: Complete Dream Book

Paperback: 352 pages

Publisher: Sourcebooks; 2 edition (July 1, 2006)

Language: English

ISBN-10: 140220700X

ISBN-13: 978-1402207006

Product Dimensions: 7 x 0.8 x 9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 starsÂ See all reviewsÂ (86 customer reviews)

Best Sellers Rank: #63,507 in Books (See Top 100 in Books) #42 inÂ Books > Religion & Spirituality > New Age & Spirituality > Reference #46 inÂ Books > Health, Fitness & Dieting > Mental Health > Dreams #7394 inÂ Books > Self-Help

Customer Reviews

Got a dream dictionary and find it useless? Think using a dream dictionary is like trying to form a cohesive picture from a thousand-piece jigsaw puzzle where all the pieces are cut exactly the same? The Complete Dream Book takes a different angle on dream interpretation. Based on a database of over 18,000 dreams, the author provides real-life interpretation of common dreams. There are common dreams that occur during certain stages of life, at certain ages, and during certain changes and situations. This book looks at these common themes in dreams and what they mean to the dreamer. While she does cover common dream symbols such as cars, houses and the like, the fascinating part of the book is the common themes (can't get your locker door open or

finding a new room in your home or finding a treasure, for example). This is the most useful and pragmatic dream interpretation book that I have ever read and I found myself regularly commenting about how appropriate an interpretation was for a particular dream of mine. Kudos to Gillian Holloway for what has to be one of the most useful dream interpretation books on the market today.

This is a very accessible, yet deeply significant book. I have been interested in dreams for as long as I can remember, but I never truly understood them, for they always seemed so weird and random. I've read many books on dreams and many dream dictionaries, and always found them disappointing and unhelpful, as they never seemed to pertain to my life. Gillian Holloway's book is different - not only does she offer contemporary explanations for what your dreams might mean, she gives you the tools necessary to learn to understand them so interpreting them yourself becomes easier with time. She believes that dreams are messages from our subconscious mind, and that if we learn to understand the language, we can become better in tune with our true selves. This book has made a profound difference in the way I perceive my dreams. I have begun to recognize the symbols in my dreams, and have learned how to apply the meaning to current problems or situations in my life. I would recommend this book for anyone interested in dreams and anyone who wants to become better connected with their inner selves.

I greatly enjoyed The Complete Dream Book. (...) I have read many, many books about dreams and dream analysis and can confidently say this book is NOT a typical "dream dictionary," and it is NOT a "similar treatment" of the subject. Holloway takes the unique approach of starting from the dreams themselves and from the dreamers' lives. Finding correlations between dream life and waking life validates her interpretations, which often differ in surprising ways from "traditional" interpretations and make a great deal of sense. This book helped me make sense of three different recurring dreams I have had throughout my adult life, and helped me make connections between them. It also helped me understand a particularly significant, but puzzling dream I had recently. I consider my dreams a spiritual gift which have greatly enhanced my understanding of myself and my life. They have also aided the work I do to honor and develop my intuition. The Complete Dream Book has increased the depth of my understanding and has taken me further along the path to self-knowledge.

I like this book and its subject matter. I was a contributor of dreams to Dr. Holloway's Lifetreks website for four years. This book is a distillation of the most common themes, patterns and

interpretations of the thousands of dreams collected from the site. The author has a background in psychology and has been teaching people and working with their dreams for many years. The book has practical tips for noticing what your dream is trying to tell you and common sense suggestions about what to do once the message is understood. You learn which myths people have about dreams are true and which are not, and which dreams are more common in different age groups and to which sex. Dream messages often reveal imbalances, feelings about people or situations, and personality styles. My favorite parts of the book are the frequent, gentle ways in which the author teaches the dreamer to recognize his or her own talents, interests, potentials and strengths, and use them in order to meet workday challenges and to feel more happiness. "The Complete Dream Book" is an excellent book, as good as any by Patricia Garfield, another very wise dream author I would recommend. The only criticism I have is with its title. How can this subject ever be complete?

Dr. Holloway has written a book that is surprisingly important. I use her insights into the meaning of dreams to understand my own and make positive changes in my life. For instance, I dreamt of speaking with a tooth falling out. I learned in her book that can indicate I do not feel good about something I have said. I'm a writer. I had written a chapter in a new book of mine that I did not feel right about. I went back and fixed the chapter. She not only presents incredibly accurate interpretations of the meaning of your dream experiences, but how to use that meaning to better understand yourself and grow past limitations. No home library is complete without this one!

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