



Dreamspeak: How to Understand the Messages in Your Dreams

Rosemary Ellen Guiley

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In her fascinating new book, dream expert Rosemary Ellen Guiley unlocks the door to the surreal world of slumber to translate the language of our dreams. **Dreamspeak** interprets some of the most common dream symbols and meanings, with chapters on:

* flying and falling * the body and its functions * clothing and nudity * sex, weddings, and marriage * money and valuables * celebrities and historical figures * animals * food * and much more

Dreamspeak also includes simple exercises to improve our ability to remember all-important dreams and fascinating anecdotes drawn from the author's own practice as a dreamwork facilitator. This unique addition to the genre shows us how to enrich our lives by listening to what our dreams are trying to say.

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