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Field Guide to Dreams: How to Identify and Interpret the Symbols in Your Dreams

Kelly Regan

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At last, a field guide to identifying and interpreting dream symbols, from falling to flying!

Dreams can be mysterious, exhilarating, and terrifying—but they don't have to be confusing. With *Field Guide to Dreams*, you'll unravel the hidden meanings behind these mysterious subconscious messages. For example, you may find yourself naked in front of your high school classroom during a time of great change—perhaps you're feeling insecure about a decision you recently made. Of if you find buried treasure in a dream, you may have hidden talents or knowledge.

Organized by dominant symbol (animals, caves, hospitals, teachers, and so on), each full-color image refers to a complete dream description. This book gives you clues to a dream's meaning and explains the significance of having the same dream time and again. You'll hear what Freud and Jung might say about a particular vision and discover a dream's sometimes strange, often illuminating, historical and cultural context. With *Field Guide to Dreams* at your bedside, you'll never wonder if that cigar was just a cigar!

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understand. Often the writer made some exploration when he makes this book. Honestly, that is why this book appropriate all of you.

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