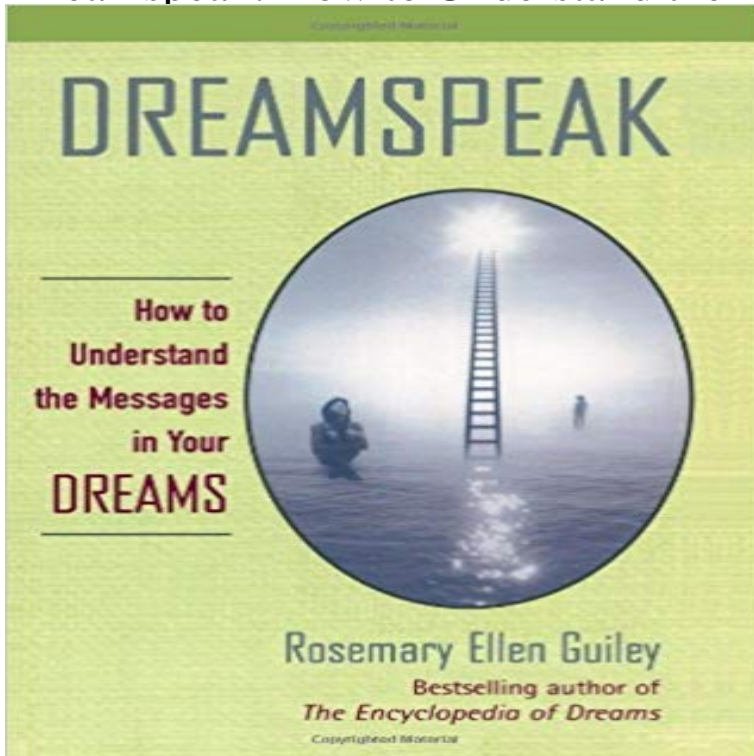


# Dreamspeak: How to Understand the Messages in Your Dreams



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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