

<<解梦手册 Pocket Guide to >>

图书基本信息

书名：<<解梦手册 Pocket Guide to Drems>>

13位ISBN编号：9781407533384

10位ISBN编号：140753338X

出版时间：2008-1

出版时间：Parragon Book Service Ltd (2008年5月1日)

作者：本社 编

页数：256

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### 内容概要

The world of dreams is a mysterious and fascinating place where the rules of reality do not apply. In dreams we release our subconscious hopes and fears, our innermost desires and ambitions, in a cascade of images, sounds, ideas and emotions which can manifest themselves in any number of different ways. Whether you dream of mundane, everyday things or weird and wonderful phenomena and supernatural beasts, your dreams are entirely personal and unique to you—a secret world to which only you have access. No other person has exactly your background, your emotions, or your experiences, so every dream is intimately connected with your own existence. This means that when interpreting your dreams, it is important to draw from your personal life, and experiences. This book will show you how to do this. In a series of themed chapters, *A Pocket Guide to Dreams* explores the meaning of countless images, symbols and portents that occur regularly in people's dreams. Numerous colour photographs and illustrations are accompanied by detailed explanatory text providing the latest, most widely accepted interpretations of what these images mean. Remember that a dream can unify the body, mind and spirit. It provides you with insight into yourself and a means for self-exploration. In understanding your dreams, you will have a better appreciation of your true self and will achieve a greater harmony in your life.

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