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Holloway. 3.9 out of 5 stars 128. Paperback.

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In The Complete Book of Dreams, wellness consultant, teacher, and author Stephanie Gailing teaches you about sleep sanctification rituals, relaxation practices, flower essences, and other holistic approaches that will amplify your sense of well-being. To help you tap into the healing power of your dreams, you ' ll discover a wide array of strategies to remember your dreams, as well as document and decode them.

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Tennessee businessman Gustavus Hindman Miller first published his interpretation of 10,000 different kinds of dreams in 1901 with the book 10,000 Dreams Interpreted. Psychic and medium Linda Shields set out to update his work for the modern age with this tome, which includes explanations for seeing today's technology in dreams.

The 15 Best Books About Dream Interpretation

The Complete Dream Book of Love and Relationships is a groundbreaking guidebook for using what's already in your head to understand your heart. Respected dream analyst and intuition expert Gillian Holloway uses the interpretations of 30,000 actual dreams from people just like you to help you access the wisdom in your dreams so you can make the most of your

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relationships.

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The author then breaks down the dreams and how they should be interpreted. There are over ten examples of these. At the end of this book is a dream workbook as well. If you are or know someone who gives much credit to dreams and it's science and is an active explorer or dreamworker, this is a great book, much better than many others I have seen.

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