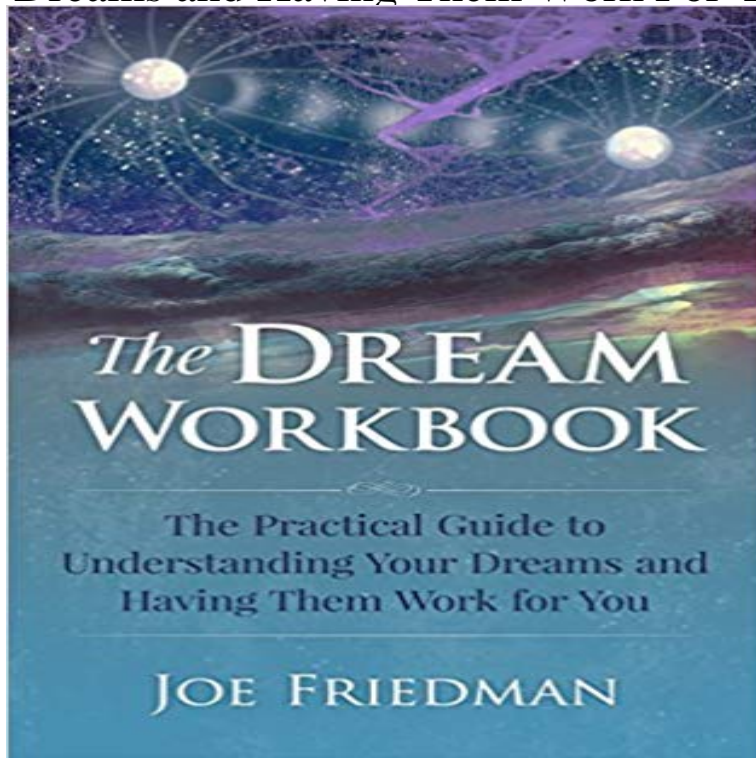


## The Dream Workbook: The Practical Guide to Understanding your Dreams and Having Them Work For You



This is the ultimate practical guide to discovering the world of dreams. It starts by helping you learn how to remember your dreams, and goes on to help you understand your dreams and begin to utilize their enormous creative and problem-solving power. This is not a dream dictionary in which you are told that if you dream of a flower something will blossom for you. Rather, The Dream Workbook gives you specific practical techniques for discovering the meaning of your dreams for yourself. It shows how this exciting journey of discovery can enhance your life. The Dream Workbook also will help you explore the world of the dream - the great thinkers on dream theory, how dreams have been used and seen in other cultures, the ability to be conscious during dreams, and how to use dreams to travel through time and space. Using entertaining case histories and step-by-step techniques, Joe Friedman enables readers to discover how dreams can resolve creative impasses, unlock stuck situations, improve relationships, and increase self-understanding. Joe Friedman trained as a psychotherapist with the Philadelphia Association (founded by R.D. Laing). He is now a member of the PA Training Committee having worked with individuals, groups and couples for over thirty years. He has taught classes on dreams, run dream groups and workshops exploring dream incubation, lucid dreams and psychic dreams in the UK and Europe. He is also the author of the acclaimed Boobela and Worm series of childrens books.

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