

## **500 Dreams Interpreted**

Helen Bertrand

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Unlock the secrets of your mind and improve your life with 500 Dreams Interpreted. This comprehensive guide will help you understand the real meanings behind your dreams so that you can boost your creativity, discover new talents, and maximize your hidden potential.

The book s Dream Dictionary deciphers more than 500 dream symbols and presents clear-cut definitions that reveal the fascinating meanings behind your dreams. A sampling of dream symbols and their definitions that you ll find in the book s dictionary:

Angels. This is most often an omen of protection, security, and guidance. It represents spiritual ideals and wisdom of the inner self.

Chocolate. This is a universal symbol of indulgence and luxury.

Stairs. Climbing stairs portends a rise in social or professional status particularly if you do so without a handrail. Descending stairs suggests a lack of confidence.

Wet. If you dream of being wet in an environment where everyone else is dry, you may be fixated on how others perceive you. If you dream of watering plants, you have a need to nurture someone.

500 Dreams Interpreted also explains the science of sleep and presents popular dream theories. You ll find simple explanations of dream psychology, recurring dreams, and lucid dreaming.

In addition, you will learn to:
Dream more often and enhance your recall
Decipher and record your dreams in a journal
Invoke restorative, healing dreams
Promote lucid dreaming



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