



# The Complete A to Z Dictionary of Dreams: Be Your Own Dream Expert

*Ian Wallace*

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## **The Complete A to Z Dictionary of Dreams: Be Your Own Dream Expert** Ian Wallace

If you've ever woken up wondering, "What was that about?" this fascinating dream dictionary with over 12,000 definitions will explain everything and enable you to become your own dream expert. By exploring your dreams in a deeper way, you'll reach a profound understanding of what you really want in life – and work out how to achieve it. Whether you dream about flying above canyons, your teeth dropping out, missing the bus, or standing naked in a crowded room, psychologist and author Ian Wallace will help you understand what your unconscious is trying to tell you and how you can use your dreams to help you live a richer and more fulfilling life. By exploring your dreams in this practical way, you'll reach a deeper understanding of what you really want in life – and work out how to achieve it.

Ian Wallace pairs these definitions with his completely original Dream Connection Process, which is being shared here for the first time. Through this process, developed by Ian, the dreamer can connect the imagery and symbolism that they create in their dreams to situations and opportunities in waking life, using this awareness to make a valuable difference in their lives.

*The Complete A to Z Dictionary of Dreams: Be Your Own Dream Expert* also contains background information on dreams and dreaming, answering questions such as:

- What is a dream?
- Why do we dream?
- How do I remember my dreams?
- What do my dreams mean?
- What are symbols and where do they come from?

In this comprehensive and easy to use guide, Ian Wallace articulates the complex psychological principles of dreaming in a very straightforward and engaging manner. He puts the power of the dream firmly in the hands of the dreamer so that they can understand the imagery that they create in their dreams and connect it to situations and opportunities in waking life.

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Spent a free time to be fun activity to do! A lot of people spent their spare time with their family, or all their friends. Usually they accomplishing activity like watching television, going to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? Could be reading a book is usually option to fill your free time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the publication untitled The Complete A to Z Dictionary of Dreams: Be Your Own Dream Expert can be excellent book to read. May be it is usually best activity to you.

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