



## Dreams (Collins Need to Know?)

*Sean Callery*

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## **Dreams (Collins Need to Know?)** Sean Callery

This one-stop practical guide will show you how to understand, record and interpret your dreams. To make your progress easier, it comes in a handy two-colour format with expert tips and advice throughout.

This is an easy-to-read, comprehensive guide for people looking to interpret and analyse their dreams. It looks at common dreams, and the more bizarre, teaching the dreamer to read between the lines, and control their dreams.

The book starts with a history of dreams, looking at the Egyptians, Ancient Greeks and Chinese, among others, and moving on to Freud and Jung. It also looks at what happens when we sleep, why we dream, and what kind of dreams we have.

The bulk of the book contains alphabetical list of people, animals, feelings and situations, as well as colours and shapes, that you might experience in your dreams, giving advice on interpreting them in the context of the dream as a whole.

There is also a dream diary for the reader to record their dreams and explore possible meanings and links to other dreams, or events in their lives.

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