



## Dr. Ann Faraday's Dream Power

By Ann Faraday

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“Stimulating and provocative . . . a simple do-it-yourself dream interpretation kit.”—*The Washington Post*

The stress and anxiety of everyday life is often too much for our conscious minds to bear—and the answers we seek can only be found beyond our waking minds. Most of us remember at least some of our dreams. But do you know how to interpret their meaning and use them to solve your toughest problems? Dr. Ann Faraday’s classic *Dream Power* has helped more than 500,000 people recognize the importance of their dreams and learn how to use the messages and information they reveal to enrich their lives. This acclaimed dream primer will help you learn:

- The difference between dreams and “dreamlets”
- Hints for recalling forgotten or repressed dreams
- The true meaning of REM sleep
- Realistic dream interpretation
- How to use your dreams for creative inspiration
- And much more

“Entertaining and comprehensive, Dr. Faraday has obviously mined from her own dreams a self-knowledge that has been extraordinarily helpful.”—*Los Angeles Times*

“Faraday’s background fits the topic admirably. . . . She believes that we should not leave dream research to the therapist but that each of us should deepen his self-knowledge by analyzing his own dreams. . . . Helpful.”—*Psychology Today*

“*Dream Power* changed my life.”—Barbara Seaman, author of *Free and Female*

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