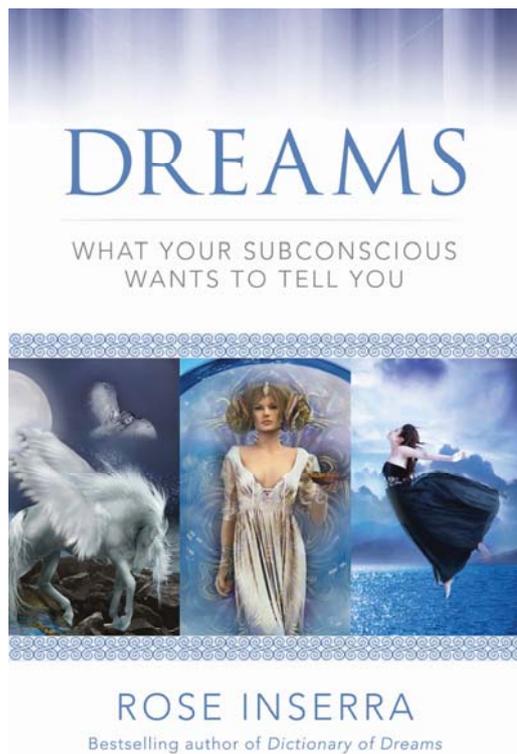


Dreams



ISBN: 978-1-925017-17-5

CATEGORY: Self-Help; Dreams

FORMAT: Paperback, trim 234mm x 153mm, 300

pp

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SUMMARY:

Discover how you can intuitively interpret your dream symbols and on waking, use practical self-help remedies to recall the dream's message. You can learn to unlock your dreams and bring them to your conscious mind to process.

Explore the meanings behind some of the most common dreams, recurring dreams, violent and sexual dreams, Freud and Jung's psychoanalytical early interpretations, archetypes in dreams, and the magic in mystical dreaming. Learn the practices of recalling dreams, lucid dreaming, dream journaling and proven dream techniques that include active imagination, meditation, dream group therapy, and ancient dreaming.

SELLING POINTS

- Covers all aspects of dreaming; common dreams, how to interpret them, how to recall your dreams and understand them so that your life makes more sense.
- *Dreams* is a comprehensive and practical guide to all aspects of dreaming.
- Rose Inserra is an expert in the field of dreams and a best-selling author.
- Includes a mini dictionary of dreams that covers universal dreams, including a list of kids' most prevalent dreams, nightmares and night terrors.
- A full publicity campaign will be waged for this book with the author for print media, radio, online and TV, the author is a very good talent and will present well on all of these mediums and this will happen for February 15 as January 15th media is on holidays.

AUTHOR

AUTHOR: ROSE INSERRA is the author of the recent *Dream Reading Cards* by Rockpool Publishing. As well as this, she has written over 60 children's books and her books are published and marketed internationally. Rose is a member of the International Association for the Study of Dreams and appears regularly as a columnist in print media and as a guest speaker on radio.