



# Bringing Dreams to Life: Learning to Interpret Your Dreams with Worksheet

*George R. Slater*

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Using a Jungian approach, this book provides a clear, reliable way for laypeople to analyze their dreams either alone or with a partner. It shows how to interpret dreams within the context of one's own life and how to use dreams to effect a personal transformation. The book is filled with examples, and contains a glossary and an index of dream symbols.

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