



1000 Dreams: Discover the Meanings of Dream Symbols, Secrets & Stories

By David Fontana

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This mammoth, superbly illustrated book helps us to understand our dreams by tracing their coded messages. The first three chapters take a fascinating look at the history of dream analysis, the language of dreams and the principles of interpretation. There are case studies, as well as effective techniques for encouraging and recording dreams, for prompting lucid (controlled) dreaming and for distinguishing psychologically important dreams from less significant ones. Then, an extensive and invaluable Key to Dream Symbols provides enlightening interpretations of a wealth of symbols organized thematically - supported by a comprehensive A-Z dream index at the back of the book. This thematic organisation enables the reader to understand significant associations within clusters of dream symbolism. Entertaining and informative in equal measure, this superb book deserves a treasured place on every nightstand.

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Editorial Review

About the Author

Professor David G. J. Fontana Ph.D. FBPS (1934-2010) was a British academic, psychologist and author. He was Professor of Psychology at the Cardiff University. He was also visiting professor at John Moores University and the University of the Algarve. His many books include The Meditator's Handbook, Teach Yourself to Dream and The Secret Language of Dreams. They have been translated into more than 25 languages.

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