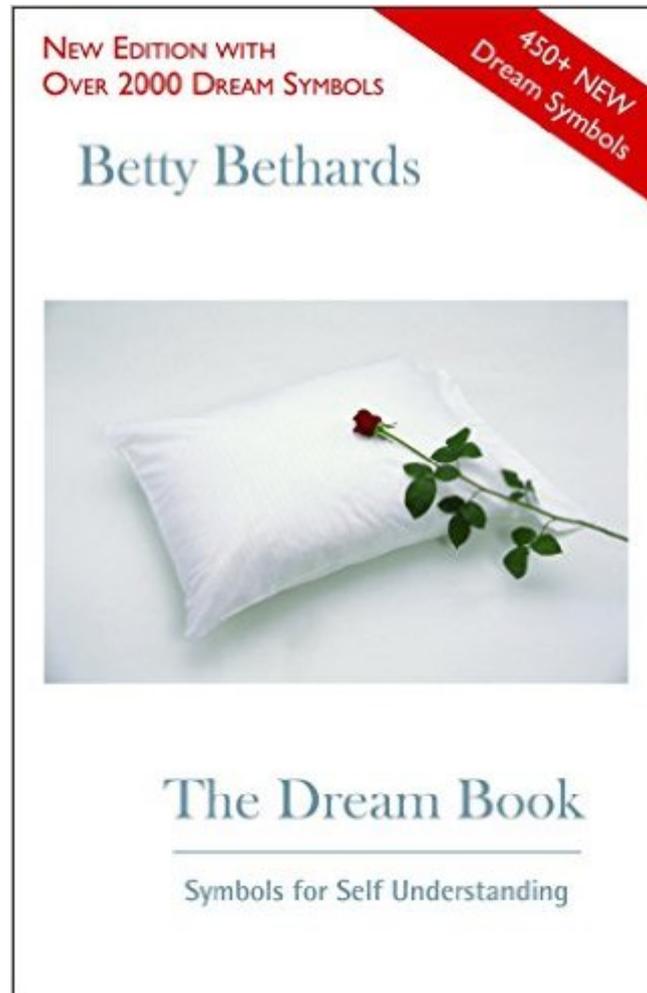


The book was found

The Dream Book: Symbols For Self Understanding



Synopsis

The Dream Book by Betty Bethards is the most popular book on dream analysis in the world. It has exceeded sales of over a half million copies both nationally and internationally. Now there is a new edition. With more than 2000 dream symbols (an addition of 350 symbols), along with explanations of: Recurring dreams, prophetic dreams, violent dreams, dreams about sex, money, death, and more. It shows ways to remember dreams and solve problems in waking hours.

Book Information

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Customer Reviews

For the most part, this is a good book but it does have a few faults. One that I find a bit off putting is the "God" language. I'm glad that it looked at dreams from a spiritual aspect but I would have felt more comfortable with a more generic term for the Divine. It also got a bit preachy at times. I did like that she included the chakra system and the importance of including those ideas in your interpretation repertoire. The second thing that made me hesitate was that, although she has a whole paragraph saying that "you are the final word" on the meaning of a dream symbol, she immediately follows that with several pages containing some pretty concrete interpretations. For instance, she claims that if you are traveling in a downward direction in a dream, it means you are going the wrong way. It possibly could, but it may instead indicate that you are "going deeper", so a blanket interpretation like that could be misleading. I would have been happier if she had used a lot more terms like "may mean", "could possibly indicate", "sometimes shows", etc. One statement that the author made that I do agree with is that the feelings that the dream leaves you with are very important when determining it's meaning. If a dream had disturbing images but ultimately you awoke

feeling powerful and liberated then those "positive" emotions give you a real direction for interpreting the dream. Overall, I think I prefer the book from Kelly Sullivan Walden called "I Had the Strangest Dream...". She outlines a great method in which you write down the key symbols from your dream in one column, your own interpretation in a second column and then, lastly, the dream dictionary definition in the third. This correlates a lot with the method we use in the "dream group" I belong to.

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