



Healing Dreams: How to Interpret Your Dreams and Change Your Life

Sarah Dening

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It's long been accepted that dreams offer a window into our most intimate thoughts, and we're beginning to understand that dreams can also be a powerful source of healing. By learning to interpret our dreams we can face our fears and define our desires, paving the way for true spiritual wellness. This practical guide presents thoughtful analysis of many common dream themes, from being chased or lost to falling from a height and many others, providing real insight into the deeper meanings each reveals about our relationships, career, and even the vulnerabilities of our emotional state. Armed with the interpretive knowledge given here, one can confront these fears and health-sapping weaknesses, and so begin the process of growth and healing.

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