



Dream Power: How to Use Your Night Dreams to Change Your Life

By Cynthia Richmond

Download now

Read Online 

Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond

Harness the Power of Your Dreams

Understanding our dreams can give us a huge advantage in all facets of life, including work, love, health, and spirituality. Providing practical, step-by-step techniques for gaining access to our dream lives, dream expert Cynthia Richmond charts the landscape of dreams and their rich, perplexing meanings. Analyzing more than 200 real-life dreams that fall into certain important categories -- dreams of departed loved ones, schools and tests, flying, water, public nudity, and sex -- Richmond reveals their common themes, symbols, and significance.

She also takes traditional dream interpretation an important step further, showing us how to transform our insights into life-changing opportunities. To understand our dreams fully, we must look deep into ourselves and ask: What do I want? What am I afraid of? What is my gift? What can I share with the world? The answers will come to us in our sleep, helping us to make powerful changes in our lives. As Richmond shows us with authority and inspiration, the path to a better life is only a dream away.

 [Download Dream Power: How to Use Your Night Dreams to Chang...pdf](#)

 [Read Online Dream Power: How to Use Your Night Dreams to Cha...pdf](#)

Dream Power: How to Use Your Night Dreams to Change Your Life

By Cynthia Richmond

Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond

Harness the Power of Your Dreams

Understanding our dreams can give us a huge advantage in all facets of life, including work, love, health, and spirituality. Providing practical, step-by-step techniques for gaining access to our dream lives, dream expert Cynthia Richmond charts the landscape of dreams and their rich, perplexing meanings. Analyzing more than 200 real-life dreams that fall into certain important categories -- dreams of departed loved ones, schools and tests, flying, water, public nudity, and sex -- Richmond reveals their common themes, symbols, and significance.

She also takes traditional dream interpretation an important step further, showing us how to transform our insights into life-changing opportunities. To understand our dreams fully, we must look deep into ourselves and ask: What do I want? What am I afraid of? What is my gift? What can I share with the world? The answers will come to us in our sleep, helping us to make powerful changes in our lives. As Richmond shows us with authority and inspiration, the path to a better life is only a dream away.

Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond **Bibliography**

- Sales Rank: #592101 in Books
- Brand: Brand: Simon Schuster
- Published on: 2001-03-06
- Released on: 2001-03-06
- Original language: English
- Number of items: 1
- Dimensions: 8.44" h x .80" w x 5.50" l, .71 pounds
- Binding: Paperback
- 240 pages

 [Download Dream Power: How to Use Your Night Dreams to Chang ...pdf](#)

 [Read Online Dream Power: How to Use Your Night Dreams to Cha ...pdf](#)

Download and Read Free Online Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond

Editorial Review

From Publishers Weekly

Richmond's weekly dream-analysis column in the Los Angeles Times contains the disclaimer that it "should be read for entertainment purposes only." And so it is with her first book, a collection of sample dreams followed by possible meanings and questions to help dreamers analyze their own reveries. Richmond claims that dreams relieve stress; impart self-knowledge, inspiration and warnings; and solve problems. She even touches upon "astral projecting," in which the soul leaves the body during sleep to communicate with or visit "that which exists in spirit." But readers seeking an exhaustive examination of the age-old, worldwide tradition of dream analysis may be disappointed. Richmond invokes Freud, Jung and Joseph Campbell only once, and makes such questionable assertions as "studies show that as many as 12 to 15 percent of dreams may predict the future" without citing her sources. Instead, she offers prosaic advice for remembering dreams (e.g., write them down) and mostly superficial explanations for such common dream elements as water, vehicles and sex. Nonetheless, readers who enjoy checking their daily newspaper horoscopes may find this dream-analysis-lite equally entertaining. (Jan.)

Copyright 1999 Reed Business Information, Inc.

From Library Journal

Richmond, a behavioral therapist who writes a column for the Los Angeles Times and hosts a TV talk show, gathers a wealth of information on dreams and dreaming. First and foremost is the statement that everyone dreams every night. Richmond goes beyond dream interpretation to encourage using dreams as therapy to better one's life. He covers techniques for remembering dreams and prompts the reader in how to realize productive dreams during conscious hours; helps readers work out everyday problems through dream analysis; and, finally, interprets more than 200 different types of dreams. Richmond mentions some archetypal dreams that cross cultures and throws in a few celebrity dreams for good measure. Small yet dense with information, this volume is highly recommended for public libraries.

-Lisa S. Wise, Broome Cty. P.L., Binghamton, NY

Copyright 2000 Reed Business Information, Inc.

Review

Barbara Mark and Trudy Griswold authors of *Angelspeake* Wake up, dreamers! *Dream Power* is a dream-come-true book for dream aficionados who want to find the deeper meaning within their own dreams. You will love learning about the whats, whys, and hows of dreaming in this positive, enjoyable, and understandable book by an outstanding dream authority.

Glenn Meehan managing editor of *Entertainment Tonight* Cynthia Richmond has taught me to listen to my dreams. But, more important, she has shown me that I can make my dreams come true!

Laura Day author of *Practical Intuition* Cynthia shows you how to use your eight hours of sleep to improve your self-awareness and change your life for the better. The power of dreams will help you become fluent in your own inner language.

Users Review

From reader reviews:

Judith Jordan:

Now a day folks who Living in the era where everything reachable by match the internet and the resources within it can be true or not call for people to be aware of each details they get. How people have to be smart in obtaining any information nowadays? Of course the reply is reading a book. Looking at a book can help people out of this uncertainty Information specifically this Dream Power: How to Use Your Night Dreams to Change Your Life book since this book offers you rich info and knowledge. Of course the knowledge in this book hundred percent guarantees there is no doubt in it everybody knows.

Mary Summers:

Do you really one of the book lovers? If so, do you ever feeling doubt if you find yourself in the book store? Try to pick one book that you just dont know the inside because don't determine book by its handle may doesn't work this is difficult job because you are scared that the inside maybe not since fantastic as in the outside appear likes. Maybe you answer is usually Dream Power: How to Use Your Night Dreams to Change Your Life why because the amazing cover that make you consider about the content will not disappoint you. The inside or content is fantastic as the outside or cover. Your reading 6th sense will directly show you to pick up this book.

Benjamin Nation:

Beside this specific Dream Power: How to Use Your Night Dreams to Change Your Life in your phone, it could possibly give you a way to get nearer to the new knowledge or data. The information and the knowledge you may got here is fresh through the oven so don't possibly be worry if you feel like an outdated people live in narrow commune. It is good thing to have Dream Power: How to Use Your Night Dreams to Change Your Life because this book offers for your requirements readable information. Do you oftentimes have book but you do not get what it's facts concerning. Oh come on, that will not happen if you have this within your hand. The Enjoyable set up here cannot be questionable, similar to treasuring beautiful island. So do you still want to miss it? Find this book as well as read it from currently!

Troy Kemp:

Don't be worry if you are afraid that this book will filled the space in your house, you will get it in e-book method, more simple and reachable. This Dream Power: How to Use Your Night Dreams to Change Your Life can give you a lot of pals because by you taking a look at this one book you have matter that they don't and make anyone more like an interesting person. This kind of book can be one of one step for you to get success. This publication offer you information that might be your friend doesn't understand, by knowing more than various other make you to be great individuals. So , why hesitate? Let me have Dream Power: How to Use Your Night Dreams to Change Your Life.

**Download and Read Online Dream Power: How to Use Your Night
Dreams to Change Your Life By Cynthia Richmond
#QH1FBACG0EX**

Read Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond for online ebook

Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond books to read online.

Online Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond ebook PDF download

Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond Doc

Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond Mobipocket

Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond EPub

QH1FBACG0EX: Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond