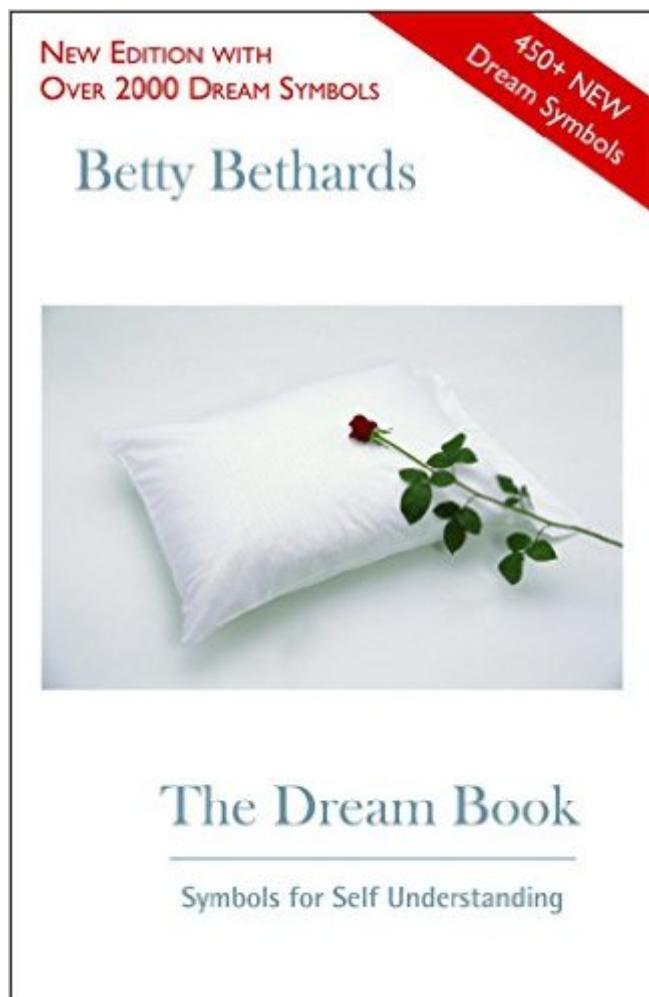


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# The Dream Book: Symbols For Self Understanding



## 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 dreamsprophetic dreamsviolent dreamsdreams 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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