



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

By Cynthia Richmond

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**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.

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## **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

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### 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.)

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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

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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:**

**Kimberly Pratt:**

Do you have favorite book? For those who have, what is your favorite's book? Book is very important thing for us to understand everything in the world. Each publication has different aim or perhaps goal; it means that book has different type. Some people truly feel enjoy to spend their time to read a book. They are really reading whatever they consider because their hobby is actually reading a book. Think about the person who don't like looking at a book? Sometime, particular person feel need book when they found difficult problem as well as exercise. Well, probably you'll have this Dream Power: How to Use Your Night Dreams to Change Your Life.

**Luciana Findley:**

The actual book Dream Power: How to Use Your Night Dreams to Change Your Life will bring one to the new experience of reading some sort of book. The author style to elucidate the idea is very unique. If you try to find new book to learn, this book very suited to you. The book Dream Power: How to Use Your Night Dreams to Change Your Life is much recommended to you to read. You can also get the e-book from official web site, so you can more easily to read the book.

**Mamie Crossett:**

The book untitled Dream Power: How to Use Your Night Dreams to Change Your Life contain a lot of information on the item. The writer explains your girlfriend idea with easy way. The language is very simple to implement all the people, so do not worry, you can easy to read it. The book was compiled by famous author. The author will bring you in the new period of literary works. It is easy to read this book because you can please read on your smart phone, or program, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site as well as order it. Have a nice study.

**Betty Dansby:**

Is it you who having spare time after that spend it whole day by watching television programs or just lying on the bed? Do you need something new? This Dream Power: How to Use Your Night Dreams to Change Your Life can be the reply, oh how comes? It's a book you know. You are so out of date, spending your spare time by reading in this brand-new era is common not a geek activity. So what these publications have than the others?

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