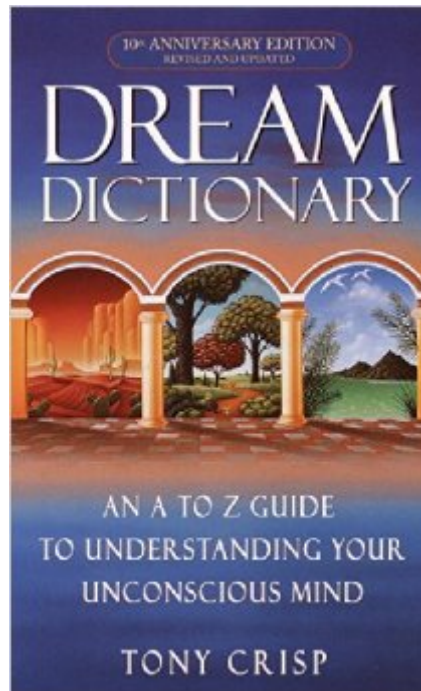


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# Dream Dictionary: An A-to-Z Guide To Understanding Your Unconscious Mind



## Synopsis

THE NOW-CLASSIC DREAM REFERENCE “NEWLY REVISED AND UPDATED FOR THE NEW MILLENNIUM! Jam-packed with all-new material, including astonishing new scientific discoveries, Internet dreamsites, new categories, and new links, the bestselling Dream Dictionary is bigger and better than ever before. Let dream therapist Tony Crisp be your guide on one of the most enlightening journeys you will ever take: into the world of your unconscious mind. From Abandoned to Zoo, based on material from thousands of dreams gathered during three decades of research, this essential reference is alphabetically organized, providing instant access to a wealth of fascinating information about:

- RECURRING DREAMS and their significance
- NIGHTMARES “what they reveal and how to banish them
- RELATIONSHIPS “what your dreams are telling you
- WORK “are you following the right career path? Your dreams will tell.
- FAMILY “how to resolve old hurts and gain new perspectives
- PROBLEM SOLVING in your dreams
- how to carry the solutions into real life
- GAINING INSIGHT into your own behavior and that of others
- MAXIMIZING HEALTH “recognize healing foods, danger signs, and more

See what is happening in your body, in your mind, and in your most guarded self and intuitions....Discover what your style of dreaming (color, smell, setting, and other key elements) says about you. It’s all here, and more, in the ultimate guide to your world of dreams!

## Book Information

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## Customer Reviews

If this book popped up on your recommendation list next to a few others about dream interpretation, and you’re only going to buy one..pick this one. Tony Crisp’s "Dream Dictionary" is by far the most

enlightening book on this subject that I have. If the subject interests you, it's fun to have a few different books by different authors to cross reference. But again, if you're only going to get one book on dreams, chose this one over any other. I found Crisp to have a much more realistic look into the subconscious than, say, Gustavus Miller ("The Dictionary of Dreams..") who seemed to have only three standard explanations of dreams... (death/illness, doom or good fortune). I find myself referring to Crisp's "Dream Dictionary" several times a week.

Once in a while, you find a special book that remains with you always, a book that is inexhaustible in the wealth of information on its pages. DREAM DICTIONARY is one such book. Tony Crisp, a dream therapist, shares with you his knowledge based on 22 years of research. Crisp offers you useful techniques for processing your dreams quickly and easily. For those of you curious about the study of dreams, he has included the terminology about key concepts in the field of sleep and dreaming, such as archetypes, anxiety dreams, the collective unconscious, ESP in dreams, lucid dreaming and out of body experiences. Not only will you discover how to get in touch with your "inner self" through the interpretation of your dreams, but you will also be introduced to archetypes and symbols. Although the book is predominantly aimed at the concept of dream interpretation, I even find myself looking up the meaning for symbols I see on tarot cards, or come across in other day-to-day life situations. Crisp offers valuable insight into many symbols found in our dreams (and our waking moments), such as body parts, colors, animals, family members, shapes and buildings. This is not a typical "dream interpretation" book that gives you standard meanings for standard dreams. For example, while other books are busy spewing forth garbage that if you dream about being in a train smash, then you should avoid trains, DREAM DICTIONARY takes you on a journey into your self. Where was the train going? Who were you with? What colors did you see? What were you wearing? How did you feel? Crisp highlights the importance of each and every aspect and shows its relevance in your own life. With the DREAM DICTIONARY you can gain greater insight into your own unique experiences, and sleep your way to greater self-awareness! DREAM DICTIONARY is a "must have" for any one wanting to unravel the mystery of their unconscious mind.

I am constantly amazed by how clear my dreams become when I look up their elements in this book. The definitions allow me to immediately relate dream images to things happening in my life and from there, to understand or resolve them. Tony Crisp includes explanations of well-known psychological theory on dreams (Jung, Freud) as well as cues on processing your dreams. Overall,

the book is much more than a dictionary; it really is the A-Z guide that the cover promises. That having been said, I believe the information contained here is most helpful when you're concurrently exploring your unconscious or working through issues by additional means, e.g., journaling, counseling/therapy, etc.

This vastly enlarged and improved edition of the popular Dream Dictionary contains lots of new material from the latest scientific discoveries, Internet dreamsites and new added categories. The aim of the book is to help you make connections between your dreams and your everyday life and to discover the powerful emotions and reactions that subconsciously direct our decisions and responses in the waking state. It provides real insights that empower the reader with help in decision-making and how to bring out the best in us. Compiled from information drawn from 3000 dreams over four decades of research, the dictionary is alphabetically organised from entries on "Abandoned" to "Zoo," with the researched meanings of the things, people, creatures and places occurring in dreams, plus subject like processing your dreams, dream symbols, interpretation, recurring dreams, nightmares and how to deal with them, problem-solving and maximising your health. The introduction discusses the subconscious origin of dreams and how our dreams can help us. Exhaustive and detailed, The Dream Dictionary is an indispensable reference work to all who are interested in psychology and for individuals interested in self-development. The book concludes with a bibliography of 10 pages. It is probably the best and most detailed dream encyclopedia currently available.

This is my second favorite dream dictionary after "The Encyclopedia of Dreams: Symbols & Interpretations" by Rosemary Ellen Guiley. Mr. Crisp goes into a little more detail on topics such as colors (he gives many colors and their individual significance in dreams); houses (he breaks it down into rooms, walls, roof, etc.) and animals (many different animals are discussed). I can't understand the bad reviews. I've been interpreting dreams for myself and friends for years, and I love this book and find it indispensable. I highly recommend it if you want to delve further into your subconscious, dreaming mind.

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