



The Book of Dreams: Your Dreams and What They Mean

Brian Innes

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Why do we dream and what do dreams mean? This clear and accessible guide is a must for anyone wishing to gain deep, personal insight into the workings of the mind and the mysteries of the human psyche through the language of dreams.

Dreams play a significant part in religious beliefs around the world; they can be the source of inspired creativity; they can be used to predict the future; and they can influence the healing of mind and body. All of these elements are explored in this fascinating book, helping the reader to understand and work with the rich material that dreams provide.

The Book of Dreams includes a Dream Dictionary comprising more than a thousand dream symbols. Organized into eleven thematic sections, it provides meanings for the main visual elements of dreams, from people and locations to animals and colors.

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