



Dream Back Your Life: A Practical Guide to Dreams, Daydreams, and Fantasies

Joan Mazza

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The author of *Dreaming Your Real Self* shows readers how to turn both waking and sleeping dream messages into life action.

The *Portland Oregonian* called *Dreaming Your Real Self* "thoughtful, practical, [and] insightful," and John Bradshaw hailed it as "a wonderful tool for inner work." In this provocative new book, Joan Mazza offers a unique, dream-based approach to self-improvement, showing readers how to unravel the hidden messages in their waking fantasies and sleeping dreams and use them as catalysts for change. With the exercises, practical suggestions, and real-life examples in this book, readers can discover the meanings of their dreams--and wake up to a whole new life.

Recognize the significance of nightmares and childhood dreams

Understand the value of daydreams and fantasies

Heed the messages of pivotal dreams

Examine old dreams for guidance

"Program" your dreams to get answers to problems

Interpret bizarre dream images

and more

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