



Creative Dreaming: Plan And Control Your Dreams to Develop Creativity, Overcome Fears, Solve Problems, and Create a Better Self

Patricia Garfield

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Dreams are more than just random images that play in your head at night. They are a source of inspiration and transformation that can have a profound effect on your waking state. While everyone dreams, not everyone makes use of this unique resource. Patricia Garfield presents techniques and information, drawn from many dreamers and widely varied cultures and times, that will enable you to plan your dreams ahead of time, influence them while they are occurring, and recall them and their lessons forever afterward.

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