



Dream Sight: A Dictionary and Guide for Interpreting Any Dream

Michael Lennox

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Most dream dictionaries contain brief, overly generic meanings of the universal symbols that appear in our dreams. Dream Sight is different. With in-depth, classic meanings and an empowering technique for personalized interpretation, Dream Sight is the most complete and balanced guide to understanding your dreams.

Based on twenty years of experience, psychologist and renowned dream expert Dr. Michael Lennox presents his easy and practical three-step approach. Begin by reading the universal symbols in your dreams, then consider the context, and finally pinpoint your unique personal associations. This method leads to deeper, more profound interpretations that will unlock the mysteries of your unconscious mind. You'll also get insight into common types of dreams—recurring, precognitive, nightmares, and more—plus advice for remembering your dreams and looking at them objectively.

Combining warmth and a touch of irreverence, Dream Sight is both a unique teaching tool and a fun reference guide that gives you everything you need to understand your dreams and your innermost self.

Features an alphabetized list of over 300 dream symbols and images with classic meanings

Praise:

"Dr. Lennox is a brilliant alchemist with wisdom, vision, and skill. He masterfully directs his clients to the world within to gain access to their power and redirect their lives with precision."—Dr. Alex Charish, creator of the fitness program Exercise for Real People™

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