



Dream Power: How to Use Your Night Dreams to Change Your Life

By Cynthia Richmond

[Download now](#)

[Read Online](#) 

Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond

Harness the Power of Your Dreams

Understanding our dreams can give us a huge advantage in all facets of life, including work, love, health, and spirituality. Providing practical, step-by-step techniques for gaining access to our dream lives, dream expert Cynthia Richmond charts the landscape of dreams and their rich, perplexing meanings. Analyzing more than 200 real-life dreams that fall into certain important categories -- dreams of departed loved ones, schools and tests, flying, water, public nudity, and sex -- Richmond reveals their common themes, symbols, and significance.

She also takes traditional dream interpretation an important step further, showing us how to transform our insights into life-changing opportunities. To understand our dreams fully, we must look deep into ourselves and ask: What do I want? What am I afraid of? What is my gift? What can I share with the world? The answers will come to us in our sleep, helping us to make powerful changes in our lives. As Richmond shows us with authority and inspiration, the path to a better life is only a dream away.

 [Download Dream Power: How to Use Your Night Dreams to Change Your Life.pdf](#)

 [Read Online Dream Power: How to Use Your Night Dreams to Change Your Life.pdf](#)

Dream Power: How to Use Your Night Dreams to Change Your Life

By *Cynthia Richmond*

Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond

Harness the Power of Your Dreams

Understanding our dreams can give us a huge advantage in all facets of life, including work, love, health, and spirituality. Providing practical, step-by-step techniques for gaining access to our dream lives, dream expert Cynthia Richmond charts the landscape of dreams and their rich, perplexing meanings. Analyzing more than 200 real-life dreams that fall into certain important categories -- dreams of departed loved ones, schools and tests, flying, water, public nudity, and sex -- Richmond reveals their common themes, symbols, and significance.

She also takes traditional dream interpretation an important step further, showing us how to transform our insights into life-changing opportunities. To understand our dreams fully, we must look deep into ourselves and ask: What do I want? What am I afraid of? What is my gift? What can I share with the world? The answers will come to us in our sleep, helping us to make powerful changes in our lives. As Richmond shows us with authority and inspiration, the path to a better life is only a dream away.

Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond

Bibliography

- Sales Rank: #592101 in Books
- Brand: Brand: Simon Schuster
- Published on: 2001-03-06
- Released on: 2001-03-06
- Original language: English
- Number of items: 1
- Dimensions: 8.44" h x .80" w x 5.50" l, .71 pounds
- Binding: Paperback
- 240 pages

 [Download Dream Power: How to Use Your Night Dreams to Chang ...pdf](#)

 [Read Online Dream Power: How to Use Your Night Dreams to Cha ...pdf](#)

Download and Read Free Online Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond

Editorial Review

From Publishers Weekly

Richmond's weekly dream-analysis column in the Los Angeles Times contains the disclaimer that it "should be read for entertainment purposes only." And so it is with her first book, a collection of sample dreams followed by possible meanings and questions to help dreamers analyze their own reveries. Richmond claims that dreams relieve stress; impart self-knowledge, inspiration and warnings; and solve problems. She even touches upon "astral projecting," in which the soul leaves the body during sleep to communicate with or visit "that which exists in spirit." But readers seeking an exhaustive examination of the age-old, worldwide tradition of dream analysis may be disappointed. Richmond invokes Freud, Jung and Joseph Campbell only once, and makes such questionable assertions as "studies show that as many as 12 to 15 percent of dreams may predict the future" without citing her sources. Instead, she offers prosaic advice for remembering dreams (e.g., write them down) and mostly superficial explanations for such common dream elements as water, vehicles and sex. Nonetheless, readers who enjoy checking their daily newspaper horoscopes may find this dream-analysis-lite equally entertaining. (Jan.)

Copyright 1999 Reed Business Information, Inc.

From Library Journal

Richmond, a behavioral therapist who writes a column for the Los Angeles Times and hosts a TV talk show, gathers a wealth of information on dreams and dreaming. First and foremost is the statement that everyone dreams every night. Richmond goes beyond dream interpretation to encourage using dreams as therapy to better one's life. He covers techniques for remembering dreams and prompts the reader in how to realize productive dreams during conscious hours; helps readers work out everyday problems through dream analysis; and, finally, interprets more than 200 different types of dreams. Richmond mentions some archetypal dreams that cross cultures and throws in a few celebrity dreams for good measure. Small yet dense with information, this volume is highly recommended for public libraries.

-Lisa S. Wise, Broome Cty. P.L., Binghamton, NY

Copyright 2000 Reed Business Information, Inc.

Review

Barbara Mark and Trudy Griswold authors of *Angelspeak* Wake up, dreamers! *Dream Power* is a dream-come-true book for dream aficionados who want to find the deeper meaning within their own dreams. You will love learning about the whats, whys, and hows of dreaming in this positive, enjoyable, and understandable book by an outstanding dream authority.

Glenn Meehan managing editor of *Entertainment Tonight* Cynthia Richmond has taught me to listen to my dreams. But, more important, she has shown me that I can make my dreams come true!

Laura Day author of *Practical Intuition* Cynthia shows you how to use your eight hours of sleep to improve your self-awareness and change your life for the better. The power of dreams will help you become fluent in your own inner language.

Users Review

From reader reviews:

Carla Smith:

The book Dream Power: How to Use Your Night Dreams to Change Your Life make you feel enjoy for your spare time. You can use to make your capable more increase. Book can to be your best friend when you getting strain or having big problem along with your subject. If you can make reading through a book Dream Power: How to Use Your Night Dreams to Change Your Life to get your habit, you can get far more advantages, like add your current capable, increase your knowledge about several or all subjects. You could know everything if you like wide open and read a publication Dream Power: How to Use Your Night Dreams to Change Your Life. Kinds of book are a lot of. It means that, science e-book or encyclopedia or other people. So , how do you think about this guide?

Patricia Oyler:

Here thing why this kind of Dream Power: How to Use Your Night Dreams to Change Your Life are different and reputable to be yours. First of all looking at a book is good however it depends in the content of it which is the content is as delightful as food or not. Dream Power: How to Use Your Night Dreams to Change Your Life giving you information deeper as different ways, you can find any reserve out there but there is no reserve that similar with Dream Power: How to Use Your Night Dreams to Change Your Life. It gives you thrill reading journey, its open up your eyes about the thing that will happened in the world which is might be can be happened around you. You can bring everywhere like in park your car, café, or even in your technique home by train. For anyone who is having difficulties in bringing the branded book maybe the form of Dream Power: How to Use Your Night Dreams to Change Your Life in e-book can be your option.

Jennifer Smith:

This Dream Power: How to Use Your Night Dreams to Change Your Life are generally reliable for you who want to be described as a successful person, why. The explanation of this Dream Power: How to Use Your Night Dreams to Change Your Life can be on the list of great books you must have is definitely giving you more than just simple reading food but feed you actually with information that perhaps will shock your before knowledge. This book will be handy, you can bring it everywhere you go and whenever your conditions at e-book and printed ones. Beside that this Dream Power: How to Use Your Night Dreams to Change Your Life giving you an enormous of experience such as rich vocabulary, giving you trial of critical thinking that we realize it useful in your day action. So , let's have it and revel in reading.

Jessica Palmer:

Exactly why? Because this Dream Power: How to Use Your Night Dreams to Change Your Life is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will jolt you with the secret the idea inside. Reading this book adjacent to it was fantastic author who else write the book in such incredible way makes the content on the inside easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you for not hesitating having this any longer or you going to regret it. This book will give you a lot of advantages than the other book get such as help improving your skill and your critical thinking technique. So , still want to delay having that book? If I were being you I will go to the e-book store hurriedly.

**Download and Read Online Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond
#8MUEY7DZT1L**

Read Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond for online ebook

Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond books to read online.

Online Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond ebook PDF download

Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond Doc

Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond MobiPocket

Dream Power: How to Use Your Night Dreams to Change Your Life By Cynthia Richmond EPub