



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

By Cynthia Richmond

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**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.

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

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### **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.)

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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

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Review

Barbara Mark and Trudy Griswold authors of *Angelspeake* 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:**

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**Jennifer Smith:**

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**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.

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