



# **Dreams: A Practical Guide to Understanding Your Dreams: (Dreams, Dreams Book, Dreams Facts, Understanding Dreams, Dreams Guide)**

*Sally Hoffman*

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## Dreams: A Practical Guide to Understanding Your Dreams

Dreams let us process the events or information which may be painful or confusing in an environment which is emotionally real but not real physically. Analyzing dreams is a main component in the process of becoming whole as a person.

Dreams will reveal a person's desires and wounds in the deepest parts of a person's mind.

Understanding your dreams is a key component in the process of becoming a whole as a person. When you understand and analyze your dream you will have a deeper understanding of yourself.

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1. To understand what are dreams
2. To understand how dreams work
3. To know the stages of sleep in which you dream
4. To learn how to remember a dream
5. To know how to analyze and understand your dreams

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