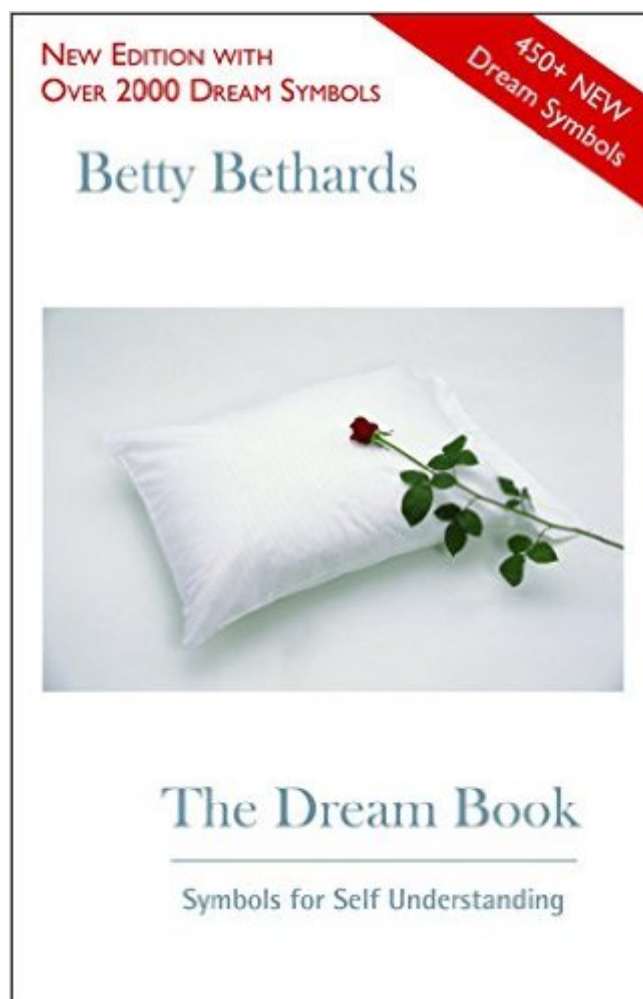


The book was found

# The Dream Book: Symbols For Self Understanding



## Synopsis

The Dream Book by Betty Bethards is the most popular book on dream analysis in the world. It has exceeded sales of over a half million copies both nationally and internationally. Now there is a new edition. With more than 2000 dream symbols (an addition of 350 symbols), along with explanations of: Recurring dreams, prophetic dreams, violent dreams, dreams about sex, money, death, and more. It shows ways to remember dreams and solve problems in waking hours.

## Book Information

Paperback: 204 pages

Publisher: New Century Publishers; Revised ed. edition (April 1, 2016)

Language: English

ISBN-10: 0918915031

ISBN-13: 978-0918915030

Product Dimensions: 5.5 x 0.8 x 8.5 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (168 customer reviews)

Best Sellers Rank: #47,923 in Books (See Top 100 in Books) #38 in [Books > Health, Fitness & Dieting > Mental Health > Dreams](#) #1844 in [Books > Religion & Spirituality > New Age & Spirituality](#) #5710 in [Books > Self-Help](#)

## Customer Reviews

For the most part, this is a good book but it does have a few faults. One that I find a bit off putting is the "God" language. I'm glad that it looked at dreams from a spiritual aspect but I would have felt more comfortable with a more generic term for the Divine. It also got a bit preachy at times. I did like that she included the chakra system and the importance of including those ideas in your interpretation repertoire. The second thing that made me hesitate was that, although she has a whole paragraph saying that "you are the final word" on the meaning of a dream symbol, she immediately follows that with several pages containing some pretty concrete interpretations. For instance, she claims that if you are traveling in a downward direction in a dream, it means you are going the wrong way. It possibly could, but it may instead indicate that you are "going deeper", so a blanket interpretation like that could be misleading. I would have been happier if she had used a lot more terms like "may mean", "could possibly indicate", "sometimes shows", etc. One statement that the author made that I do agree with is that the feelings that the dream leaves you with are very important when determining it's meaning. If a dream had disturbing images but ultimately you awoke

feeling powerful and liberated then those "positive" emotions give you a real direction for interpreting the dream. Overall, I think I prefer the book from Kelly Sullivan Walden called "I Had the Strangest Dream...". She outlines a great method in which you write down the key symbols from your dream in one column, your own interpretation in a second column and then, lastly, the dream dictionary definition in the third. This correlates a lot with the method we use in the "dream group" I belong to.

[Download to continue reading...](#)

Dreams: Discover the Meaning of Your Dreams and How to Dream What You Want - Dream Interpretation, Lucid Dreaming, and Dream Psychology (+BONUS) (Dream Analysis, Dream Meanings, Lucid Dream) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) The Dream Book: Symbols for Self Understanding Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) The Pretty Big Book of Symbols: A Handy Quick Reference Guide with Keyword Meanings for Over 1400 Psychic Symbols, Animals, Plants, Gemstones, Everyday Objects & More! HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists (Self-Practice/Self-Reflection Guides for Psychotherapists) Dreams Revealed: Expanded Dictionary of Dream Symbols Understanding Bergson, Understanding Modernism (Understanding Philosophy, Understanding Modernism) The Undiscovered Self: With Symbols and the Interpretation of Dreams (Jung Extracts) Astrology: Your Complete Guide to Understanding Zodiac Signs: How to Become More Successful, to Improve Your Love Life and Become Happier (Free Bonus Included!) ... (Zodiac, Zodiac Signs, Horoscope Symbols) How to Have Your Dream Wedding for Under \$1,500: How to Have Your Dream Wedding Without Breaking the Bank! (Budget Wedding) Dreams: Interpreting Your Dreams and How to Dream Your Desires- Lucid Dreaming, Visions and Dream Interpretation (Dreams, Lucid dreaming,

Visions,) Dreams: Interpreting Your Dreams and How To Dream Your Desires- Lucid Dreaming, Visions and Dream Interpretation Spiritual Warfare During Your Sleep: Dealing With Dream Invaders vol. 1 (Dream Warfare) El cazador de sueños / The Dream Hunter (Los Cazadores Oscuros: Los Cazadores De Sueños / Dark-Hunters: Dream-Hunters) (Spanish Edition)

[Dmca](#)