



Working the Night Shift: How to Understand Your Dreams

By Joan C Harthan, Dr Joan C Harthan

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Working The Night Shift is the first book in the series The Dream Shift . It covers the basic information and tools you need to work successfully with your dreams. Part One contains a comprehensive background to the history of dreams and how the modern world views them. There are tips on how to remember your dreams, how to keep a record of them and how to use them to answer specific questions about your life. Part Two is a step by step guide to ten of the most useful and effective dream analysis techniques. The techniques supply the essential groundwork for working productively with dreams and can be used by those working alone, in groups or in therapy. The book illustrates, with examples from the author's own dreams, how information found in this magical world can be used as a springboard for major life changes. But dreams can only be interpreted if we learn their language. They speak in metaphor and use symbols pulled from the past, present and future life of the dreamer to tell...



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