



# The Complete Guide to Interpreting You Own Dreams and What They Mean to You

*K O Morgan*

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Dreams are powerful concepts. They contain our subconscious wishes, desires, and fears, and the average person will spend approximately six years of their life dreaming. Each of us has four to seven dreams a night, which can add up to approximately 116,800 to 204,400 dreams in a lifetime. No one really knows why we dream, but in 3,000 B.C., people started trying to interpret what dreams mean. In Roman and Greek societies, citizens who were able to interpret dreams were respected, and some members of society even sought advice from these dream interpreters before making any military or political decisions. Sigmund Freud also published a book on how to interpret dreams, stressing that all dreams carry meaning and represent the way to decipher our subconscious desires. With all the significance that dreams carry, how can you make sure you know exactly what your dreams mean? The Complete Guide to Interpreting Your Own Dreams and What They Mean to You will tell you everything you need to know to understand what your dreams are telling you. You will understand how to interpret some of the most common subjects in dreams, including flying, falling, problems with money, tests, experiencing pregnancy, and even death. You will discover popular psychological theories regarding dreams and how to decipher what your recurring dreams are really telling you. You will learn ways you can create a more dream-friendly bedroom and how to use a journal to track your dreams. This book will also cover paranormal dreams and explain more about extrasensory perception, and out-of-body experiences. Using this book's A to Z interpretation guide will ensure interpreting your dreams doesn't turn into a nightmare. We've spent hundreds of hours researching what dreams mean to provide you with a comprehensive guide for decoding. This book contains more than 1,000 symbols and situations that appear most commonly in dreams and provides you with all the information you need to know to decide what each one means to you. Case studies from psychologists and dream analysts show you how to interpret your dreams and understand what it is you really want. This book also includes countless interviews with people who were able to use their dream interpretations to better understand their subconscious fears and desires. With The Complete Guide to Interpreting Your Dreams and What They Mean to You, you'll never spend another day trying to understand what last night's dream means.

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