



The Dream Book: Symbols for Self Understanding

Betty Bethards

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We spend a third of our lives sleeping. After all, there has to be some part of our day when we stop talking and just listen. Dreams give us more than surrealistic landscapes and a cow or two descending from a cloud. They provide the knowledge and the tools we need to have happier, more fulfilling lives. Aside from Carl Jung, Betty Bethards couldn't find a dream master she felt comfortable with. But Jung hadn't supplied her with a glossary of dream symbols. So she channeled her own glossary, with the help of her guidance. That glossary became "The Dream Book: Symbols for Self Understanding" and today, it is the best selling book on dream analysis in existence. People will not go on a trip without it. And it has a permanent place on thousands of bedside tables throughout the world. In short, this is a very loved book. But more than that, it helps you keep to your life plan, showing you some of the choices you've made as being unwise and some as going in the right direction. Betty tells us all dreams are positive-so right away, you are ahead.

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