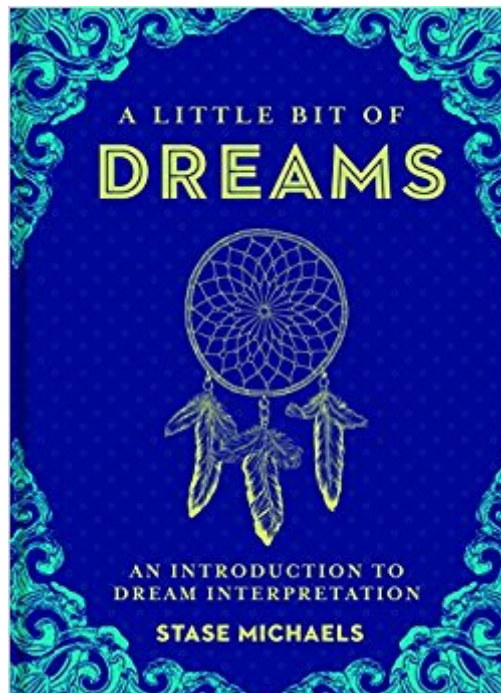


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# A Little Bit Of Dreams: An Introduction To Dream Interpretation



## Synopsis

Stase Michaels draws on a lifetime of experience as a dream analyst and three degrees in psychology to lead you through the magical forest of dream interpretation. In this eclectic, in-depth look at dreaming, she explores how dreams happen and why they are a reliable source of self-knowledge. Michaels also delves deeper, explaining the five simple steps that help beginners understand dream technique; she also provides information on nightmares, dreams about friends and family, and mystical experiences that occur in the guise of dreams.

## Book Information

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## Customer Reviews

Stase Michaels is the author of two dream books: *More Meanings of Your Dreams* (Ottenheimer) and the *Bedside Guide to Dreams* (Ballantine/Random House), which has gone through three editions and been in print for over 17 years. Michaels has three degrees in psychology, has presented seminars across the US and Canada, and hosted a prime-time radio program on dreams and mystical topics. She runs an interactive website called [interpretadream.com](http://interpretadream.com) that provides both free and professional dream analysis, complete dream information, and a searchable Library of Dreams. Michaels lives in VA.

This book was bought as a present for my sister. I bought it used and when it arrived it was in perfect condition! I can say she has gotten a lot of use out of it so far, and has been able to say she loves what she has learned!

This is an informative little hardcover book. Goes into every aspect of dreams. Very good, interesting, learned a lot.

A quick read full of depth, plus helping one understand what dream interpretation really is. Delightful!

very nice to read!

The dream lists are very short and it's a bit of a turn off that she used a few pages up to push her paid class on the reader, but it still has helped solve a dream riddle before.

Do you want to understand yourself more? Stase Michaels knows the way. I've never seen anyone explain what a dream actually is in such a detailed way. By reading this book you will find out what dreams actually are and how they can help you to live a better life. This book contains advice on how to record your dreams and it explains a few common dream symbols. I also thought the discussion on nightmares was very interesting. This book is beautifully designed and it helped me figure out why I was having reoccurring dreams for so long. So this book really is a good guide to solving long term dream problems. The only thing is in Stase Michaels introduction she mentions a psychic. I'd be careful about reading his books and don't recommend them. But this book is great. ~The Rebecca Review I received one free book for review purposes.

Small buck you can't use it for a coffee table

**AUTHOR REFUTES A FALSE CLAIM.** A reviewer above was mistaken when they said, "...she used a few pages up to push her paid class on the reader". This is the author. I mention my website a few times in the book - Interpretadream.com - which offers FREE sample dream analysis. No way were a few pages of the book used to push a paid class on the reader. Understanding dreams is a passion; I know how helpful a dream message can be and it gives me great joy to share insights. SHARING is what the book is all about - and only that.

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