



## Demystifying Dreams A Manual for Teens

By Marvin Rosen

iUniverse, Inc. Paperback. Condition: New. 64 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Everybody dreams. A clinical psychologist explains dreams to teens within historical, biological, and psychological perspectives. Dreams are meaningful, reflecting events of the previous day, basic motivations, emotions, personality characteristics and memories of the dreamer. Dreams are formed as a result of personal associations of ideas, feelings, and images by a sleeping but not inactive brain. They reflect ones stage of intellectual, emotional, and social development. Dreams are personal; there are no universal meanings. Typical teen dreams are described. The author presents a useful method for collecting and interpreting ones own dreams. The use of dream interpretation in psychotherapy is also illustrated. Finally, an action plan is suggested for using dreams for personal growth and self-awareness. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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