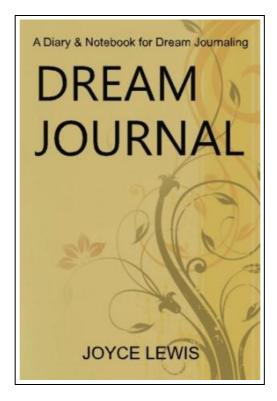
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Print on Demand ******.Want to be able to better recall your dreams and enhance your appreciation of their underlying meanings and possible interpretations? You really can without too much effort if you start by writing down what you can recall of the dreams once you awake. Make use of a Dream Journal Diary and record or sketch whatever details that remain in memories while they are still fresh. Don't delay for too long as they will certainly fade within a short time. After a while of cultivating this habit, your dream recalls will improve and you will soon have a collection of your dreams with sufficient details. Certain themes and patterns will emerge; some recurring over periods of your life. As a journal, this book is essentially a diary or a personal notebook with lined pages for you to write your feelings and thoughts of your dreams. There are lots of benefits in keeping a dream journal diary or notebook. Apart from this, dream journaling has been proven to be a great help in tracking life's events that are important to you but are been kept below the conscious level in your waking hours. It can also be really fun to have detailed records of dreams that you can later look back on. There are many dream journals for sale but this one is designed to be unique in that it goes beyond merely providing plain lines for writing. It is organized to be easy and convenient to track your dreams and over time, for you to better appreciate their significance. Included in this journal book are the following: -Inspiring and thought-provoking quotes on dreams -Interesting images to brighten up your...



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