



# Bedside Guide to Dreams

*Stase Michaels M.A.*

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**Bedside Guide to Dreams** Stase Michaels M.A.

**The only dream reference that reveals the twenty-seven types of dreams you can have in the world of sleep!**

Dream answer your spoken and unspoken questions. Inside them are messages of caution and concern, hope and inspiration, that can have a dramatic impact on both your everyday life and your lifetime goals.

Psychologist Stase Michaels guides you through the inner journey and adventure that begins with a dream and ends with exciting practical and spiritual insights on the road to self-discovery.

With a simple five-step method of dream interpretation, this remarkable book offers techniques for drawing on this vital resource of personal growth and empowerment. Michaels explores twenty-seven dream types and pinpoints how they can expand your horizons and enrich your experience. Listen to your dreams and learn how they can

- bring healing and strength
- enhance relationships, including your sex and love life
- bring assurance to your decision making, tap your creativity, and help you meet challenges and goals
- provide vital keys to body and health

**Also included is a revealing look at nightmares, dreams about past lives, and dream predictions.**

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