



Dreamwork: Using Your Dreams as a Way to Self-Discovery and Personal Development

Maggie Peters

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This groundbreaking book takes a simple, enlightened and multi-faceted approach to helping readers work with their own dreams in much the way that therapists do. Drawing on a variety of different dreamwork techniques, this practicing therapist uses her experience and training to teach us how to revisit and interact with our dreams and "decode" a dream's significance. Most importantly, this book shows how to go to the next step, and use the knowledge gained in dreamwork to make significant changes in our lives.

A well-recognized way of dealing with a buildup of stress, depression or creative blocks, dreamwork is an integral tool to living a well life. This book shows how anyone can use that tool for a deeper understanding of the self.

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