

***The Complete A To Z Dictionary Of Dreams:  
Be Your Own Dream Expert***

Over 12,000 Definitions

**By Ian Wallace**

**Stop Sleepwalking Through Daily Life  
by Putting Your Nightly Dreams into Action**

New York, NY - If you've ever woken up wondering, "What was that about?" *The Complete A to Z Dictionary of Dreams: Be Your Own Dream Expert* (HCI Books -- \$18.95) with over 12,000 definitions will explain everything and enable you to become your own dream expert. By exploring your dreams in a deeper way, you'll reach a profound understanding of what you really want in life – and work out how to achieve it. Whether you dream about flying above canyons, your teeth dropping out, missing the bus, or standing naked in a crowded room, psychologist and author Ian Wallace will help you understand what your unconscious is trying to tell you and how you can use your dreams to help you live a richer and more fulfilling life. By exploring your dreams in this practical way, you'll reach a deeper understanding of what you really want in life – and work out how to achieve it.

Ian Wallace pairs these definitions with his completely original Dream Connection Process, which is being shared here for the first time. Through this process, developed by Ian, the dreamer can connect the imagery and symbolism that they create in their dreams to situations and opportunities in waking life, using this awareness to make a valuable difference in their lives.

*The Complete A to Z Dictionary of Dreams: Be Your Own Dream Expert* also contains background information on dreams and dreaming, answering questions such as: □

- What is a dream?
- Why do we dream?
- How do I remember my dreams?
- What do my dreams mean?
- What are symbols and where do they come from?

In this comprehensive and easy to use guide, Ian Wallace articulates the complex psychological principles of dreaming in a very straightforward and engaging manner. He puts the power of the dream firmly in the hands of the dreamer so that they can understand the imagery that they create in their dreams and connect it to situations and opportunities in waking life.

**ABOUT THE AUTHOR**

Ian Wallace graduated with a degree in psychology, and has analyzed over 170,000 dreams for his clients during his professional career. Wallace is the originator of the Dream Connection Process, a unique and powerful method that enables anyone to connect the imagery and symbolism that they create in their dreams to situations and opportunities in waking life where they can use this awareness to make a healthy difference. Wallace regularly appears on television, on radio and in print, where he is consistently applauded for his accuracy and his authority in analyzing dreams.

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