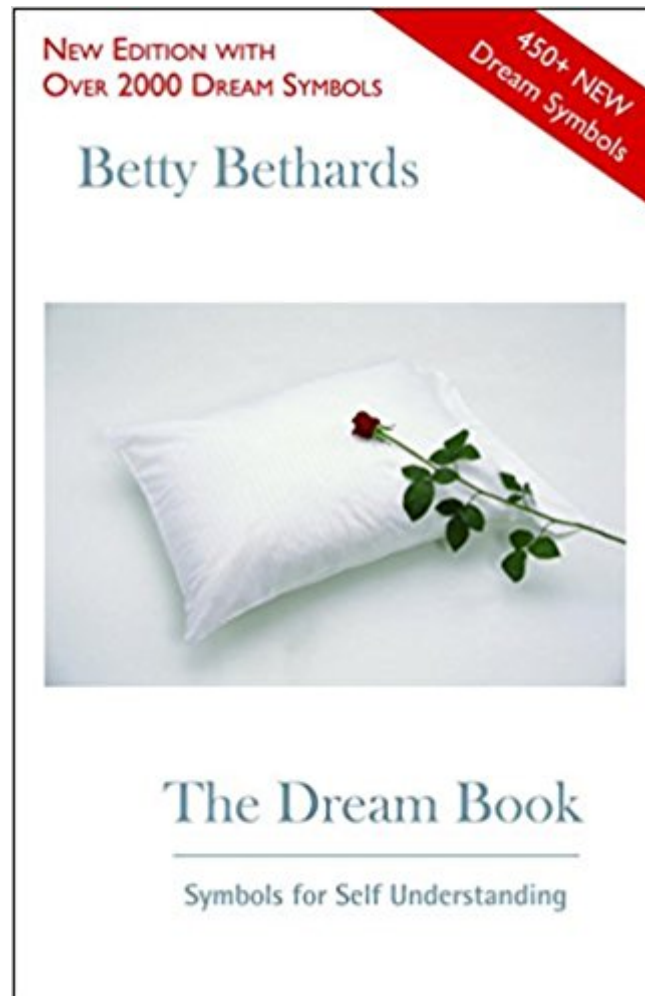




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# **The Dream Book: Symbols For Self Understanding**



## Synopsis

The Dream Book by Betty Bethards is the most popular book on dream analysis in the world. It has exceeded sales of over a half million copies both nationally and internationally. Now there is a new edition. With more than 2000 dream symbols (an addition of 350 symbols), along with explanations of: Recurring dreams, prophetic dreams, violent dreams, dreams about sex, money, death, and more. It shows ways to remember dreams and solve problems in waking hours.

## Book Information

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## Customer Reviews

"My copy of The Dream Book is well-used, dog-eared and coffee stained. And I love it." -- Judith Duryea  
"I don't go anywhere without The Dream Book." -- Grainger Brown  
"The Dream Book is right where I can always find it. On my bedside table." -- Annette Hedley

Betty Bethards is widely known as: a psychic mystic spiritual healer meditation teacher Her publications, lectures, and media appearances have helped millions of people in their search for self-knowledge.

Having spent more money than I care to recall on therapy and self-help books that didn't help, I can't tell you how exquisitely and how painlessly significant this book has become for me! I first read it in the early 80's and to this day refuse to spend a single night without it somewhere within arm's length. It is the best source of wisdom and guidance I have ever known. I have gifted many troubled friends with copies of this book, not because I grew tired of the middle of the night phone calls

begging for answers to their most recent frightful dreams, but because i knew they would benefit from learning their own unique and personal dream symbols. It is especially adept at giving children an extremely efficient tool for dealing with their nightmares! Ask anyone who knows me- they will tell you how profoundly this book has changed my life (and my friends lives!) for the better!

I have ordered and read hundreds of books on spirituality, energy, healing, dreams, self awareness, and earth energies, just to name a few topics. I have only three books that have changed the way of life for me and this is one of them. I have it on my bedside every single night and do not travel without it, although, I have memorized a lot of it's contents by reading so many times. I have given it as a gift so many times I last ordered ten of them, because I am always giving mine away to an interested friend. I have several dream books, this is by far the most concise, and easy to follow as well as always having the symbols I am looking for. It also rings "true" in my soul. We all know when we read a truth or a non- truth, it just feels different, and I know Betty wrote an accurate and so helpful book. I would love to meet her one day to say thank you for an understanding of a part of my life that has become so important. I have learned so much from my dreams as well as helped many others with their dreams, which are usually highly symbolic due to their reoccurrence. I would not buy one of these books, I would buy 5 and give the others to anyone in your life that needs insight to another dimension of their soul.

I had tried many different dream books and then pulled Betty Bethards of the bookshelf more than 20 years ago. I bought the ebook for the ease of transport while travelling but I have one very dog-eared copy at home and a second newer version at work. Betty's interpretations of dream symbology are realistic, practical and sensible. That sounds boring but all those other books I had before Betty were scaremongers of dark and evil, woe-tidings and betrayals. I truly believe life is good and if bad things are happening it's because you are going in the wrong direction. This book offers me guidance and understanding. I'm a lot more cognisant of my dreams and what they mean now. Thankyou Betty and I hope you are partying in heaven.

My coworker loves studying dream imagery and messages. She keeps a personal dream log and believes that she learns about herself through dream self-analysis. She owns a few books and reads many websites. She mentioned this book one day in passing so I bought it for her as a Christmas gift. She told me that she finds it is not consistent with many well documented dream analyses and that she found it to be a little too generic and non-committal for her tastes.

this was my second purchase of this interesting book and this time it was for a friend who is new to the understanding of dream interpretation. i bought this book many years ago and was pleased to see that it was still available! i recommend the dream book to anyone who wishes to explore a more spiritual approach to their night-time journeys.... enjoy!!!

The Dream Book: Symbols for Self Understanding, is one of the best dream symbol books on the market and the only one I use. When I compare it to the others, I am very surprised by how frequently they introduce a tone of Freudian analysis with its proclivity for seeing things through a narrow lenses. In the Dream Book, Betty Bethards uses a wide lenses view, and defines the meaning of symbols. She notes the symbols can be interpreted in a variety of ways, and she emphasizes the importance of the dreamer's interpretation. I find the book to be well laid out and used easily as a reference source. I love the Kindle version which I can search using the find function on my computer.

Good book and quality. Would recommend this to anyone who is interested in learning about dreams but this book alone is not enough to become a dream interpreter. I would suggest consulting someone who has experience and, of course, connect with higher power for all guidance with interpretation and spirit work.

I have never had much of a relationship with my dreams. Rarely remembered them and when I did they were vague and uneasy feeling. All that has changed since I got this book and started keeping it by my bedside. Now I look forward to my dream recall and feel sad if I don't remember them! This book has given me a whole new understanding of what the experiences in my dreams actually mean; that what could seem to be 'negative' to the conscious mind is actually quite profound and aware when coming from the subconscious. Really cool! This book feels like a loving, trusted friend who is there to partner in guiding me to higher awareness. Thank you Betty Bethards. Rest in peace.

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