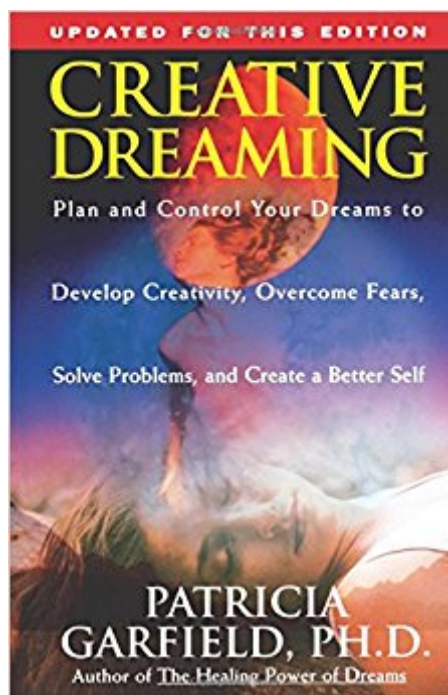




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Creative Dreaming: Plan And Control Your Dreams To Develop Creativity, Overcome Fears, Solve Problems, And Create A Better Self



Synopsis

Dreams are more than just random images that play in your head at night. They are a source of inspiration and transformation that can have a profound effect on your waking state. While everyone dreams, not everyone makes use of this unique resource. Patricia Garfield presents techniques and information, drawn from many dreamers and widely varied cultures and times, that will enable you to plan your dreams ahead of time, influence them while they are occurring, and recall them and their lessons forever afterward.

Book Information

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Customer Reviews

Can you imagine living dual lives? One life you go to work, see your loved on,friends ect it's a good life. Then you go to sleep control your dream,do what you want see who you want,,you wake up thinking was all that real or a dream? This book will train you on how to control and manipulate your own dreams. This book is a real eye opener and you will find you sleep better, you learn more, and the dreams help with you day to day life. This book is a must read for anyone curious,a whole other world awaits you.

One of the reviewers complained that the author spent too much time recounting her own experiences, so I set my expectation level low when I received the book. Actually, upon completing the book, I disagree with that assessment. There are some personal anecdotes, however, I don't think there are more than are normal to the genre. Most self-help/self-exploration/New Age type books include some personal testimony. This author practices what she preaches, so it seems

natural when she interjects a personal experience into the narrative. I very much liked the idea of using one's own dreams as a tool for facing one's own fears, frustrations and anxieties. This is a useful tool, cheaper and easier than years of therapy - accessible to anyone who takes some time with these exercises. I was a lucid dreamer before I read this book, but I lacked any method to control when it happened. I bought the book hoping to have lucid dreams with more regularity. After a week what happened was I had conscious dreams, meaning I was aware I was in my bed, but not lucid dreams. After two weeks I had my first lucid dreams. Overall I have had more vivid imagery, more complicated plots in my dreams since reading this book. The only reason I didn't give it 5 stars is because some of the information seemed repetitious.

interesting book.

This is a classic. It was groundbreaking when first published and remains a definitive work on the subject of dreams. I've bought and given this book as a gift many times.

I really enjoyed reading about the Senoi tribe and their take on dreams. Also very informative when it comes to the dream journal. Great tips on how to write effectively in your dream journal.

A Classic! must have!

really interesting book

Contains very good tips and techniques to awaken one's creative dreaming skills also contains information on what other cultures practice

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