



Teen Dream Power: Unlock the Meaning of Your Dreams

M. J. Abadie

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The first and only complete guide to dream interpretation written specifically for teens.

- Provides instruction for dream recall, interpretation, developing a personal dictionary of dream symbols, and keeping a dream diary.
- Explains how to handle nightmares and negative dream images and explores the significance of dreams about sex.
- Includes language, imagery, and life examples geared specifically to the needs and concerns of teens.
- Written by the coauthor of *Love Planets* (50,000 copies sold) and the author of *Your Psychic Potential* (20,000 copies sold).

When we dream we uncover our inner selves, process our hopes and fears, and explore our potential. *Teen Dream Power* teaches teens that when they sleep, their unconscious minds are sending them important messages that may hold the keys to their personal happiness.

A professional astrologer and psychotherapist with a specialty in dream interpretation, M. J. Abadie explores the dream wisdom of earlier societies and what it means for teens today. She shows teens that by inducing dreams for special purposes and maneuvering negative dream images they can solve everyday problems. Teens will learn to increase dream recall, interpret dreams using their own personal dream symbol dictionary, handle nightmares, and explore the fascinating inner changes going on at this time in their lives. With the tools in *Teen Dream Power*, teens can gain self-understanding, enhance learning skills, and increase their creativity and productivity.

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Mitchell Diaz:

The reason? Because this Teen Dream Power: Unlock the Meaning of Your Dreams is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will surprise you with the secret this inside. Reading this book close to it was fantastic author who also write the book in such incredible way makes the content on the inside easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this anymore or you going to regret it. This unique book will give you a lot of benefits than the other book include such as help improving your proficiency and your critical thinking means. So , still want to delay having that book? If I had been you I will go to the guide store hurriedly.

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