

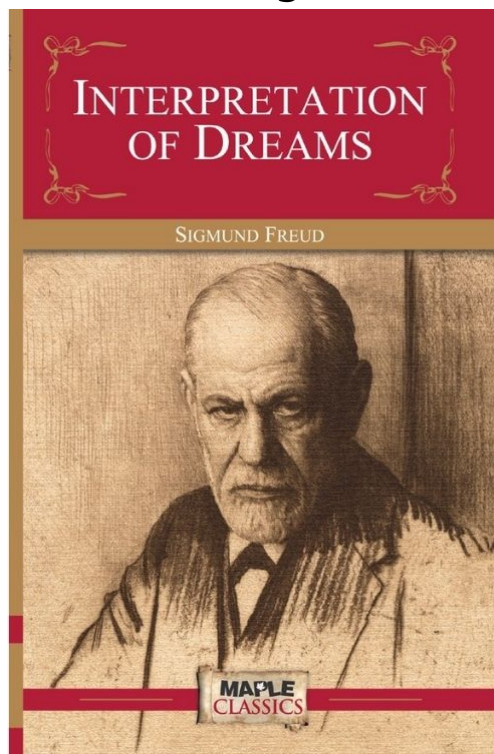


Dreams represent your wishes, intentions, purpose, emotional need, and need for fulfilment. You are encoding your dreams and a meaningful story regarding the fulfilment of your emotional requirements and needs in waking existence. So, who else would be better in decoding the dreams than you, as you encoded them in the first place? In this article, we are going to read about books that will help you to decode your dreams.

Decode Your Dreams by the Help of these Books:

1. The Interpretation of Dreams - Sigmund Freud
2. Decode Your Dreams - Ian Wallace
3. Sleeping, Dreaming, and Dying - Dalai Lama XIV
4. Lucid Dreaming - Robert Waggoner
5. Psychology of the Unconscious - Carl Jung

The Interpretation of Dreams - Sigmund Freud



*Decode Your Dreams by the Help of these Books - **The Interpretation of Dreams -***

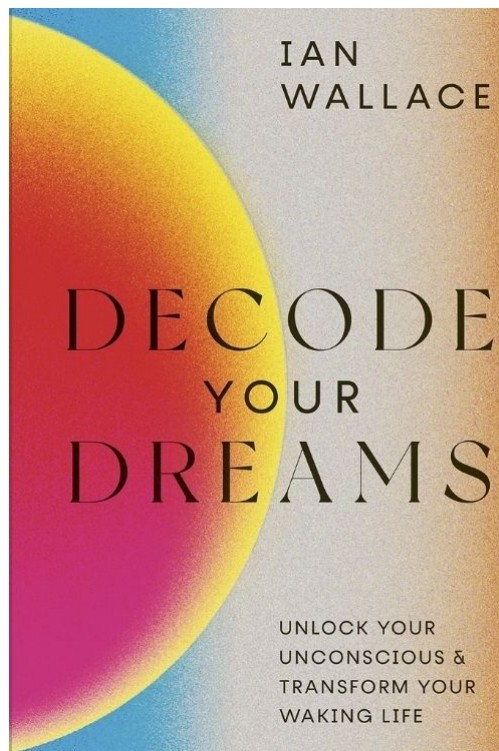


Sigmund Freud

BUY NOW

Sigmund Freud, the father of psychoanalysis in this 1899 published book made a groundbreaking step forward in the history of psychology by discovering the fact that the dream is the way through which one can explore the unconscious. According to Freudian theory, dreams represent the concealed fulfillment of our unconscious desires. Dreams are formed as the consequence of two mental processes. The first process is the unconscious which creates wishes and gets expressed through dreams. The second is censorship that compulsorily disfigures the expression of the wish. In this book, he also talks about the direct predictions established in dreams, the symbolic dream, and the foretelling of a potential happening.

Decode Your Dreams - Ian Wallace



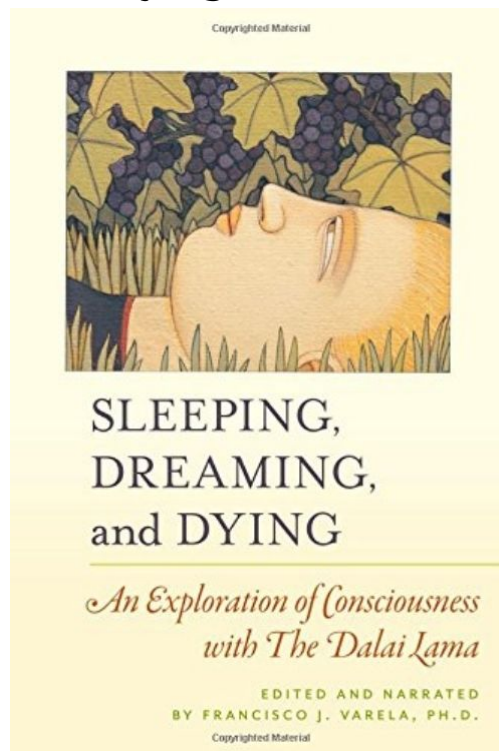
Decode Your Dreams - Ian Wallace



BUY NOW

By understanding the reason behind the dreams humans develop superpowers of situational awareness and the self. When one is aware of what we long to become and what we desire to become in life, then we are most likely to do our best to make it real. Wallace helps us by guiding us on how to decipher dreams and how to take each step to heal the anxiety that we are holding back. How to explore the key themes of life such as purpose, potential, work, travel, love, sex, wealth, death, and more. How to analyze the dream by exploring the meaning, tips of interpretation, subjective questions, actions, and more. It also helps in exploring the connected dreams and the surprising insights - and lastly how to fulfill your wishes that you see in dreams.

Sleeping, Dreaming, and Dying - Dalai Lama XIV



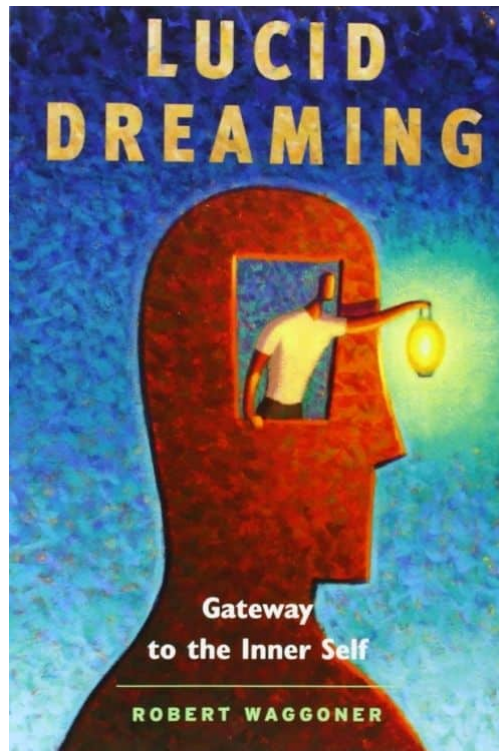
*Decode Your Dreams by the Help of these Books - **Sleeping, Dreaming, and Dying - Dalai Lama XIV***



BUY NOW

This is an interesting read as it deals with a dialogue between the representative of Buddhism in present times, the Dalai Lama of Tibet, and leading Western scientists. Based on the three key moments of consciousness – sleep, dream, and death, the conversation recorded in this book is supremely engrossing. It includes some fascinating topics by each – insightful notion on the personal identity by Charles Taylor, neurology of sleep to the yoga of dreams by the Dalai Lama and it goes on with other remarkable notions and notable persons like Dr. Joyce MacDougal, Dr. Jerome Engel, and more.

Lucid Dreaming - Robert Waggoner



Lucid Dreaming - Robert Waggoner

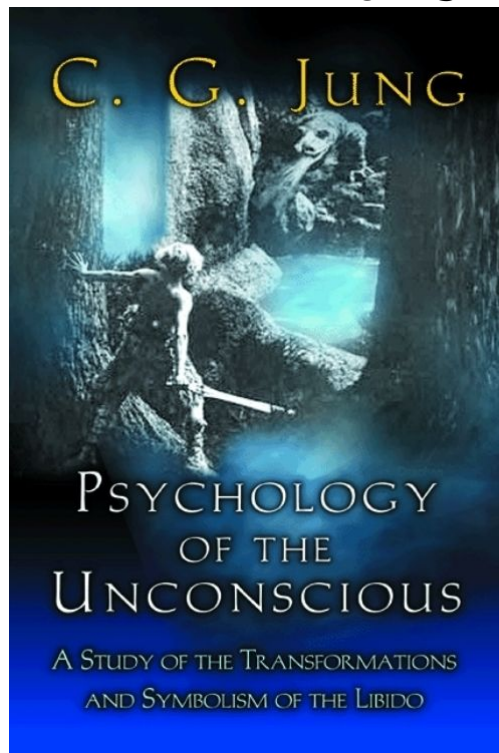
BUY NOW

This book is an account of an astonishing lucid dreamer who goes beyond the edge of both religion and psychology. In the process of doing so, he stumbles upon his 'inner self'.



Waggoner goes through profound analysis by both Carl Jung and Sigmund Freud and talks about topics such as - healing, dream telepathy, symbols, thought formation, fragments of things that are not subjective, traditional practices, insights, reality and dreamscape, investigation of personality, and more.

Psychology of the Unconscious - Carl Jung



*Decode Your Dreams by the Help of these Books - **Psychology of the Unconscious - Carl Jung***

BUY NOW

This book by Jung presents a theoretical divergence between him and Sigmund Freud on the aspect of libido. According to Jung, this is an extended work on the practical analysis of the prodromal phases of schizophrenia. Rather than concentrating on the part of psychopathology and its signs, he studies mythology, dreams, and literature to elucidate the universal patterns of the psyche. In this book, although the basis is libido, he extends it in a



broader understanding of psychic energy as the driving force.

Also Read: How to Make Readers Come Back for More?