



Usa i tuoi sogni. Corso pratico per interpretare e utilizzare i sogni (Italian Edition)

Marco Bramucci

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Questo manuale si distingue dalla maggior parte degli altri libri sui sogni per il suo taglio specificamente pratico. In esso il lettore non troverà le teorie o la storia del sogno, ma indicazioni per interpretare e lavorare concretamente sui propri sogni. Lo scopo è quello di mettere in grado il lettore di capire il significato dei suoi sogni, in modo moderno, non superstizioso e soprattutto in autonomia, ovvero senza dover ricorrere alla consulenza di uno specialista.

Di seguito alcuni degli argomenti trattati:

- ricordare i sogni e aumentarne il ricordo
- decifrare il significato di immagini e simboli onirici
- capire il significato dei temi onirici più frequenti (essere inseguiti, cadere, guidare senza freni, ecc.)
- far fronte agli incubi
- acquisire il controllo sui sogni per cambiarne lo svolgimento
- diventare sognatori lucidi
- incubare i sogni per aumentare la creatività e le capacità di problem solving.

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