



The Creative Dreamer: Using Your Dreams to Unlock Your Creativity

Veronica Tonay

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In this revised edition of THE CREATIVE DREAMER, psychologist Veronica Tonay blends classical dream theory with a fascinating analysis of universal themes, trends, and elements of dreams that can inspire creativity in waking life. Includes exercises for interpreting and using dreams to expand and enhance creative potential, work through blocks, and form a creative community. ª A guide to how dreams can influence and inspire your creative life, from a leading psychologist in the field of dream analysis. ª The revision includes new material on sexual dreams and helpful and threatening dream characters, as well as popular dream analysis exercises. ª Analyzes the dreams of extraordinarily creative, successful people, such as Stephen King, Maya Angelou, Maurice Sendak, and Anne Rice.

From the Trade Paperback edition.

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