



The Instant Dream Book

Tony Crisp

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Tony Crisp brings a new approach to dreams in this fascinating and important book. Instead of attempting to explain the lengthy process of interpreting one's dreams, he details techniques we can use for their instant understanding and use.

Some of these techniques such as Key Words, he has developed through working with the dreams sent in by hundreds of readers of The Daily Mail and SHE magazine to which he contributes regular articles.

Through the use of these techniques one can stimulate the massive, computer-like ability of the subconscious to solve problems of work, sex and self-confidence. Dreams can also be used to assess a new job, a marriage partner, decisions, or give a health check.

Later chapters explore the relationship between dreams and little-used mental abilities, and the inner and spiritual life of human beings. Tony Crisp sees the dream as a link between drams and self and Cosmos, which he believes to be the basis for a real spiritual life for men and women.

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From reader reviews:

Edward Rideout:

A lot of people always spent their own free time to vacation or perhaps go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity this is look different you can read some sort of book. It is really fun in your case. If you enjoy the book you read you can spent all day long to reading a guide. The book The Instant Dream Book it is rather good to read. There are a lot of people that recommended this book. They were enjoying reading this book. In the event you did not have enough space to develop this book you can buy often the e-book. You can m0ore easily to read this book from the smart phone. The price is not very costly but this book provides high quality.

Geraldine Dube:

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Sam Dickson:

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Eric Rodriguez:

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