



## Appreciating Dreams (Paperback)

By M D Montague Ullman

Cosimo, United States, 2006. Paperback. Book Condition: New. 223 x 147 mm. Language: English Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Our dreams speak to us in a language all of us can learn. Eloquently written by the dream specialist of our age, *Appreciating Dreams* develops a comprehensive technique for exploring dreams in small group settings. The shared trust and safety of a group structure can stimulate creativity and imagination and help the dreamer find her or his way into the dream. This approach to understanding dreams shows how natural and effective dream work with groups can be. It is always exciting to help the dreamer hear what the dream is saying in its own true voice. In *Appreciating Dreams*, Ullman continues to empower the dreamer, providing detailed instructions for laypeople who are motivated by a quest for mutual growth and self-understanding. - Stanley Krippner, Ph.D., Saybrook Institute *Appreciating Dreams* makes available to people, not just patients, a supportive, protected method for establishing a living contact with our valuable inner experiences. - Milton Kramer, M.D., University of Cincinnati *Appreciating Dreams* is a wonderful book. It is a complete handbook for dream group leaders and for anyone interested in working with...



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