



Bedtime Stories: A Unique Guided Relaxation Program for Falling Asleep and Entering the World of Dreams

Clarissa Pinkola Estés

[Download now](#)

[Read Online](#) 

Bedtime Stories: A Unique Guided Relaxation Program for Falling Asleep and Entering the World of Dreams

Clarissa Pinkola Estés

Bedtime Stories: A Unique Guided Relaxation Program for Falling Asleep and Entering the World of Dreams Clarissa Pinkola Estés

As a child growing up in a family of "cantadoras" (keepers of the old stories), Clarissa Pinkola Estes learned firsthand how a story told at bedtime can soothe away the troubles of the day and prepare the way for another night's dreams to follow. Now a beloved cantadora herself, Estes shares this treasured family tradition with you on "Bedtime Stories," her own special collection of tales to relax and ease you to sleep.

Join this world-renowned Jungian analyst and bestselling author as she explores how to use stories as healing companions that open an aperture into the divine world of our dreams, as well as the meaning of archetypal figures like Mother Night and the Sandman, and themes such as renewal, enchantment and transformation. Includes original tellings by Dr. Estes of her bedside favorites, including "Sleeping Beauty," "The Mouse and the Lion," and more."

Bedtime Stories: A Unique Guided Relaxation Program for Falling Asleep and Entering the World of Dreams Details

Date : Published May 1st 2002 by Sounds True

ISBN : 9781564559616

Author : Clarissa Pinkola Estés

Format : Audio CD 0 pages

Genre : Psychology, Nonfiction, Audiobook, Fantasy, Mythology

 [Download Bedtime Stories: A Unique Guided Relaxation Program for ...pdf](#)

 [Read Online Bedtime Stories: A Unique Guided Relaxation Program f ...pdf](#)

Download and Read Free Online Bedtime Stories: A Unique Guided Relaxation Program for Falling Asleep and Entering the World of Dreams Clarissa Pinkola Estés

From Reader Review Bedtime Stories: A Unique Guided Relaxation Program for Falling Asleep and Entering the World of Dreams for online ebook

Mily says

For anyone interested in Jungian Analysis and dream interpretation.
Clarissa Pinkola Estes, PhD is BRILLIANT.
I've enjoyed every single book (and audio CD's of her talks)
She is a Junian Analyst and progressive thinker.

Elizabeth Olson says

This sampling of gently told bedtime stories for adults plus breathing and relaxation exercises might be just the thing to send some off to sleepy land, but I was too engrossed in the alternate versions of familiar tales such as Sleeping Beauty to be lulled.

Jo Anne says

Wow. What a great concept: bedtime stories for grown ups. Wish there were additional volumes.

Matty says

I thought this was gonna be more psych. It wasn't. She's a good storyteller, though.

Maggie says

ms. estes voice delivers honey-smooth adult bedtime stories. highly recommended. as she notes: we go to sleep not as adults but as children and we wake up not as adults but as children. she then proceeds, figuratively, to tuck us in to our covers and tells us heart warming fairy tales. and should we fall asleep before the hour is up, she assures us that she will not mind and that we can pick up where we left off the night before. delightful.
