



# **The Complete A to Z Dictionary of Dreams: Be Your Own Dream Expert**

*Ian Wallace*

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## **The Complete A to Z Dictionary of Dreams: Be Your Own Dream Expert** Ian Wallace

If you've ever woken up wondering, "What was that about?" this fascinating dream dictionary with over 12,000 definitions will explain everything and enable you to become your own dream expert. By exploring your dreams in a deeper way, you'll reach a profound understanding of what you really want in life - and work out how to achieve it. Whether you dream about flying above canyons, your teeth dropping out, missing the bus, or standing naked in a crowded room, psychologist and author Ian Wallace will help you understand what your unconscious is trying to tell you and how you can use your dreams to help you live a richer and more fulfilling life. By exploring your dreams in this practical way, you'll reach a deeper understanding of what you really want in life - and work out how to achieve it.

Ian Wallace pairs these definitions with his completely original Dream Connection Process, which is being shared here for the first time. Through this process, developed by Ian, the dreamer can connect the imagery and symbolism that they create in their dreams to situations and opportunities in waking life, using this awareness to make a valuable difference in their lives.

*The Complete A to Z Dictionary of Dreams: Be Your Own Dream Expert* also contains background information on dreams and dreaming, answering questions such as:

What is a dream? Why do we dream? How do I remember my dreams? What do my dreams mean? What are symbols and where do they come from? In this comprehensive and easy to use guide, Ian Wallace articulates the complex psychological principles of dreaming in a very straightforward and engaging manner. He puts the power of the dream firmly in the hands of the dreamer so that they can understand the imagery that they create in their dreams and connect it to situations and opportunities in waking life.

## **The Complete A to Z Dictionary of Dreams: Be Your Own Dream Expert Details**

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## **From Reader Review The Complete A to Z Dictionary of Dreams: Be Your Own Dream Expert for online ebook**

### **Charlotte says**

It's a wonderful book and I find it very useful to help me understand my dreams. It's one of the best dream books I've found and I would definitely recommend it :)

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### **Kathy says**

if you believe that dreams work with symbols rather than with themes this book is perfect. I also liked about it that it offered a way on how to work with your dreams in your waking life.

It's nice for really working out what a dream meant but it is also nice for just looking up simple suggestions what your dream could mean.

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### **Maureen says**

Chalked up my second "win" of 2016....

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### **Robin Morgan says**

I received a paperback edition from the publisher through a LibraryThing giveaway, and the following is my honest opinion.

What is a dream? Simply put it's an action of our minds as we sleep rehashing the today's events, something which is dear to us, or a mere fantasy of something we desire to be or to have. Most of us can remember when we woke up in the middle of the night screaming and crying and then have our mother tell us we merely had a dream, that it wasn't real and then have us a comforting hug and kiss.

We didn't get our first REAL explanation until we watched the classic Disney cartoon Cinderella and heard the song "A Dream is a Wish Your Heart Makes" and got your first true explanation which you could understand. As you read the lyrics of the song today as an adult, you'll see how accurate it was:

A dream is a wish your heart makes  
When you're fast asleep  
In dreams you will lose your heartache  
Whatever you wish for you keep

Have faith in your dreams and someday  
Your rainbow will come smiling through  
No matter how your heart is grieving  
If you keep on believing

The dream that you wish will come true  
A dream is a wish your heart makes  
When you're feeling small  
Alone in the night you whisper

Thinking no one can hear you at all  
You wake with the morning sunlight  
To find fortune that is smiling on you.

This might seem fine as an oversimplified explanation for us today; however, there's an entire universe out there pertaining to the mystique which we've yet to learn to begin to understand what dreams are all about.

In this book, Dr. Ian Wallace, Board Certified Psychologist, helps to lift the veil to this topic in terms which most laymen can begin to understand. There's a meaning to all of our dreams; the people in our dreams, the location, the action taking place, etc. and the author gives several examples of this to help us understand this somewhat better. A vast portion of the book consists of over 12,000 definitions for items which appear in our dreams to aid in our understanding of them.

For having fulfilled the intended purpose of this book in the manner it has, I've given this book 5 STARS.

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### **Shelley says**

Dream a little dream...

This is a fascinating book about dreams, the dream process and what dreams actually mean. I found it interesting, especially the part about remembering dreams. I intend to test this method, since I seldom recall my dreams. There are over 10,000 different dream definitions within the book. I dreamed of something (one I remembered) and I thought it was very random and unusual, but the two elements were in the definitions. Color me impressed.

This is a book for a reader to refer to time and time again. Interpret your dreams to reveal who you are and what you need. An intriguing read and one I would recommend.

I received a copy of this book via Netgalley

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### **Andrea Mignanelli Collado says**

**You can read the review [HERE](#)**

I received this book from NetGalley in exchange for an honest review.

I've never read a book about the meaning of dreams and coming across this one was very interesting.

The book begins with an introduction about what it means to dream, biologically and psychologically talking. It's very easy to understand and if you like all the mysteries behind our dreams – I think we all do, I've never met a persona who doesn't get interested in the meaning of dreams-, then you will find this book very useful.

The title says it all. It's a quite complete selection of every single think you can imagine a dream could feature, from the common being "chased" to "Sumo wrestler". Apart from that, you can find tips on how to remember your dreams after you wake up, a thing I will put into practice myself because I tend to forget right away everything that went through my head during the night.

I would like to share a few quotes I found interesting.

"What is a dream? A dream is how you naturally express a fundamental aspect of your selfawareness"

"A dream is how you imagine yourself. That's what a dream is."

"The connection a symbol can make is powerful because it connects an individual to the universal, the known to the unknown."

"Your dreams are a natural way of making sense of all the experiences you unconsciously absorb."

Would I recommend this book? Yes, it's an interesting read, easy to follow and it has everything you may want to know about the meaning of dreams.

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### **Lexi DeConti says**

"won" this book shortly after christmas...sad that I never received it.

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### **Serena says**

In compliance with FTC guidelines, I have won this book through the Goodreads Giveaways on Dec 31, 2014. However, the book has never arrived and the attached Author is not who wrote the book.

Very disappointed that there is no way of contacting the Author or Publisher. Finally received the book on Mar 14, 2015.

This is an excellent resource for Dream interpretation, it explains the symbolism and how while nothing is hard and fast some things are the same regardless of the individual's viewpoint.

My Rating System:

\* couldn't finish, \*\* wouldn't recommend, \*\*\* would recommend, \*\*\*\* would read again, \*\*\*\*\* have read again.

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