



## Let Your Dreams Be Your Doctor: Using Dreams to Diagnose and Treat Physical and Emotional Problems

By Arlene Shovald Ph D

Balboa Press, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Let Your Dreams Be Your Doctor is the result of author Arlene Shovald s lifelong fascination with dreams. Revealing her own healing experiences with dreams as well as the experiences of fourteen other individuals who contributed to her study on using dreams to work with emotional and physical problems, she provides direction for the novice who has just begin to pay attention to those mysterious messages we get during the night, as well as new information for the person who has studied his or her dreams for years. In particular, case studies make the reading interesting and enjoyable. As Shovald explains, obtaining information about physical and emotional health from dreams is rather like going to a doctor who speaks a foreign language. You many not understand the diagnosis and plan of treatment in the beginning, but once you learn the symbolic language of dreams, the information becomes clear.



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