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The Jewish Dream Book: The Key to Opening the Inner Meaning of Your Dreams

Vanessa L. Ochs

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Find Inspiration and Spiritual Understanding in Judaism's Ancient Traditions of Dream Interpretation

This engaging, entertaining, and informative bedside companion will help you open up your dreams and discover the meanings they may hold for you.

The Jewish Dream Book invites you to integrate the spiritual wisdom of Judaism's past into your life today by honoring your dreams and striving to uncover their hidden messages. Exploring the Bible, Talmud, and other ancient sources, it will introduce you to inspiring, easy-to-use rituals and practices.

Included are diverse topics covering everything you've ever wondered about dreams and dreaming:

- Uniquely Jewish ways to bless and honor your dreams
- Transforming a bad dream into a good one
- How—and why—to keep a dream journal
- How to encourage enlightening, productive, and healing dreams
- Guidelines for being a dream interpreter
- Historical dream interpretations
- Dream symbols and their meanings
- How to link your dreams to Torah

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A lot of people always spent their free time to vacation or go to the outside with them family or their friend. Do you realize? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. In order to try to find a new activity this is look different you can read a book. It is really fun for you personally. If you enjoy the book that you just read you can spent 24 hours a day to reading a book. The book The Jewish Dream Book: The Key to Opening the Inner Meaning of Your Dreams it doesn't matter what good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. Should you did not have enough space to develop this book you can buy typically the e-book. You can m0ore effortlessly to read this book from your smart phone. The price is not very costly but this book provides high quality.

Elizabeth Schwartz:

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