

Know Yourself thanks to your Dreams

Discover therapeutic virtues of dream interpretation.

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Synopsis:

Why do we dream? Do our dreams have a meaning? Can they help us to know ourselves better?

If we pay attention to them, our dreams give us messages full of meaning on the way we deal with our emotions and our life.

Our subconscious expresses itself thanks to our dreams. They help us to reconnect ourselves, to reveal hidden aspirations, to clarify a situation or to take a decision.

This book is a guide to understand our dreams and interpret them in order to evolve, insuring consistency between ourselves and the person we really are inside.

The Author:

Tristan Moir lives in Paris. He is a psychoanalyst and he specialized in onirolgy. In 2007 he created a school of training for dream language, aiming at therapists. He already wrote several books on the subject.

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