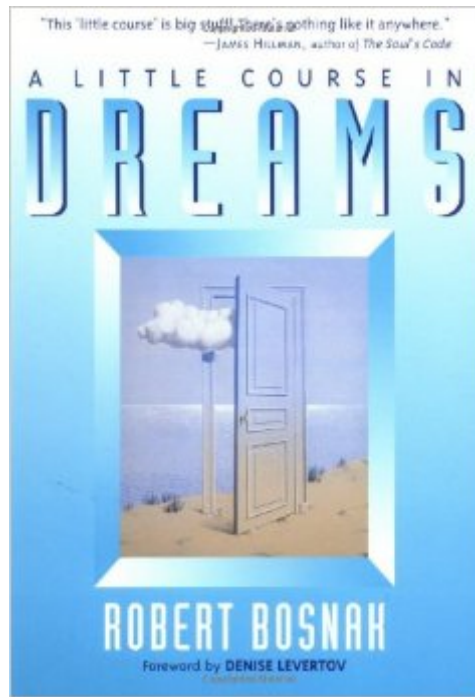


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# A Little Course In Dreams



## Synopsis

This is a hands-on manual for anyone who is interested in dreams. At the same time, it is the story of a personal journey through the dream world by the author and several of his patients and students. Robert Bosnak offers exercises and strategies for studying dreams, including:

- Remembering and recording dreams
- Analyzing a written dream text
- Studying a series of dreams for its underlying themes
- Using the techniques of active imagination and amplification
- Working on dreams alone, in pairs, and in groups

Through this Little Course in Dreams it becomes clear that the imagination is a powerful force that simultaneously "poisons" us and provides the remedies to the soul's ills. Dreamwork thus opens the way to the healing and transformation of the soul.

## Book Information

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## Customer Reviews

It may only be 121 pages long, but this slim volume is the best introduction to Jungian dreamwork that I've ever read. Each brief chapter is written in a deceptively conversational, non-convoluted style that contains a wealth of complex information -- not just important facts, but plenty to think about afterwards. For example, the chapter on alchemy & its symbolic value in dreamwork is all of 14 pages ... but it enables me to understand the basics of Jung's alchemical approach to the psyche more clearly than entire books. Bosnak may be providing us with nothing more than starting points, but they're solid & surprisingly rich in detail & substance. It's as if this skilled & understanding analyst is speaking directly to the reader, not just as doctor to patient, but as person to person. If you're at all interested in exploring the world & meaning of your dreams, but you're daunted by the

sheer immensity of the subject, and unsure of where to start -- well, this is the place -- most highly recommended!

I never paid too much attention to my dream-life until my daughter started experiencing night terrors and intense nightmares. After visiting two different therapists, we found a great approach to cope and learn from her scary dreams in *The Nightmare Solution: Simple, Creative Methods for Working Out Your Dream Problems*) and now I'm ready to work on myself! I bought myself a dream journal and chose this book on dream work for its warm reviews and small size. There are a lot of similar resources out there, but what you can find in Robert Bosnak's *Little Course in Dreams* are:- One of the best introductions to Jungian dreamwork- Brief, conversational, clear language that conveys complex information- Vivid personal anecdotes of dream-work from solo, partnered, or in group scenarios- Minor amount of technical jargon considering the type Jungian tome- Hands-on exercises for studying your dreamsI feel so much better in touch with myself now that I've started recording and analyzing my dreams.

If you want to start a dream journal, this is a great book. It is small enough to take anywhere. He also uses real people's dreams to illustrate different exercises and ideas which really helped me understand my own dreams better.

Bought and read years ago, and recently purchased another copy as a gift. It's an excellent and compact introduction to working with dreams - "The royal road to the unconscious" - from a Jungian perspective. Offers practical tips for retrieving and paying attention to dreams. A little gem that I recommend to others.

this author knows what he is doing. a respectful effective way to responsibly engage your dream world and benefit by it.

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