



Sonhos e seus significados (Portuguese Edition)

Migne González- Wippler

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O que podemos aprender com os Sonhos? Todo mundo sonha, mas nem todos se recordam deles. Talvez esse seja o seu caso, porém, saiba que é possível treinar sua mente para recordar de tudo o que vê em sonho. Ao se lembrar dos sonhos e compreender sua significação, você poderá usá-lo como inspiração para resolver problemas diários e ganhar um melhor entendimento dos seus mais profundos sentimentos. Neste livro você aprenderá passo a passo como fazer isso, também conhecerá o porquê de sentirmos sono, o processo de criação dos sonhos pela mente humana e os diferentes tipos de sonhos que as pessoas frequentemente têm. Você terá acesso a um extenso Dicionário dos Sonhos, mostrando o significado de centenas de sonhos que temos. Se explorar o mundo dos sonhos é algo que você nunca julgou possível, este livro irá guiá-lo por esse caminho e assim o ajudará a expandir sua vida e conseguir mais sucesso. Entre os itens abordados estão: • Saiba como lembrar dos seus sonhos; • Aprenda como manter um diário dos sonhos; • Tenha ideias criativas enquanto dorme.

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