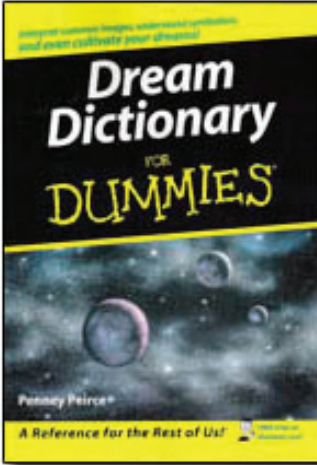
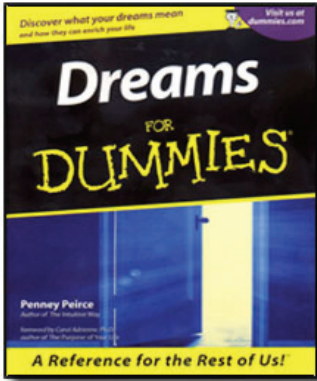


Discover What Your Dreams Mean and How They Can Enrich Your Life with **Dreams For Dummies®**



“Be the Dreamer, not
the Dream.”

—from *Dreams for Dummies*

NY, New York – *Dreams For Dummies* (Hungry Minds, Inc., February 2001, 0-7645-5297-X, \$19.99) by Penney Peirce is an easy-to-understand guide to dreams analysis. A gifted and intuitive reader of dreams, Peirce is a popular lecturer, counselor, and trainer specializing in the art of “skillful perception.” Based on her extensive experience she has developed an in-depth doctrine that answers questions like, ‘What do dreams mean?’ ‘Where do they come from?’ and ‘How do they relate to your waking life?’ *Dreams For Dummies* provides clear answers and a fresh perspective into this topic.

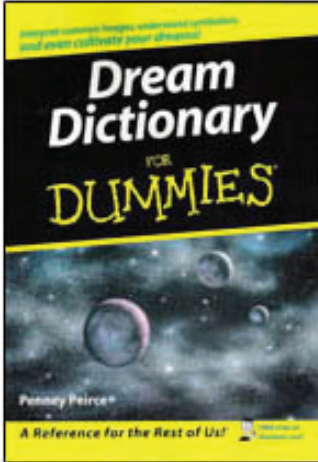
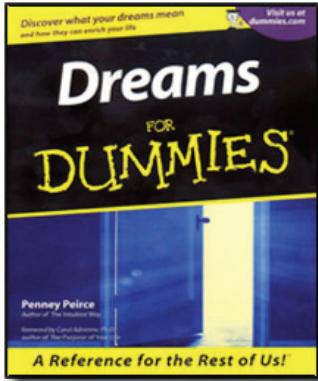
Dreams For Dummies takes the reader on a fascinating journey. Written for the prolific dreamer as well as someone who’s just peeking over the edge into the unknown, this book will provide the reader with insights on how to get results from dreams, and understand the role of dreams in everyday life.

According to Peirce, “In *Dreams For Dummies*, you’ll learn how to harness your dreams to increase your creativity, solve problems, find purpose in life, and obtain useful, accurate personal guidance. As a result of becoming familiar with the principles of dreaming, you will discover that the options in your life are truly limitless.”

Following the distinctive For Dummies format, author Penney Peirce creates a witty and no-nonsense book for anyone who has ever wanted to explore his or her dreams. This step-by-step format will help readers access the meaning of their dreams and apply it to their everyday lives. Readers will also discover how to:

- Interpret dreams
- Keep a dream journal
- Recognize different types of dreams
- Use different methods to uncover hidden meanings
- Use dreams for creative inspiration
- Solve problems and gain self-awareness
- Use dreams to improve communication and relationships
- Apply techniques to dreams to heal and reduce stress

(continued)



“Be the Dreamer, not the Dream.”

—from *Dreams for Dummies*

Dreams For Dummies also includes an interpretation checklist and dictionary of symbols that enable readers to analyze their dreams and develop understanding. Packed with intriguing dream exercises, activities, and real-life case studies, Peirce provides the reader with a fun and easy-to-read road map to understanding dreams.

“*Dreams For Dummies* is a real standout among dream guides. Penney Peirce provides a thorough and easy-to-follow program that will take you to the heart of your dreams. Under her expert guidance, you will not only understand the messages in your dreams, but also be able to use them as tools for self-improvement and self-empowerment.”

—**Rosemary Ellen Guiley**, author, *Dreamwork for the Soul*

DREAMS FOR DUMMIES®

By Penney Peirce

ISBN: 0-7645-5297-X, 355 pages, \$19.99

February 2001

Note: *Dreams for Dummies* is now out of print, but has been reformatted and edited and is available as an eBook: *Be the Dreamer Not the Dream: A Guide to 24-Hour Consciousness*. These are comprehensive dream reference books with many experiential exercises.

Dream Dictionary for Dummies was released in 2008 by Wiley & Sons and is still in print.