

# The Dream Book: Symbols for Self Understanding

By *Betty Bethards*

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## **The Dream Book: Symbols for Self Understanding** By Betty Bethards

We spend a third of our lives sleeping, After all, there has to be some part of our day when we stop talking and just listen.

Dreams give us more than surrealistic landscapes and a cow or two descending from a cloud.

They provide the knowledge and the tools we need to have happier,more fulfilling lives.

Aside from Carl Jung, Betty Bethards couldn't find a dream master she felt comfortable with. But Jung hadn't supplied her with a glossary of dream symbols. So she channeled her own glossary, with the help of her guidance.

That glossary became "The Dream Book: Symbols for Self Understanding" and today, it is the best selling book on dream analysis in existence.

People will not go on a trip without it. And it has a permanent place on thousands of bedside tables throughout the world. In short, this is a very loved book.

But more than that, it helps you keep to your life plan, showing you some of the choices you've made as being unwise and some as going in the right direction. Betty tells us all dreams are positive-so right away, you are ahead.

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#### Review

"My copy of The Dream Book is well-used, dog-eared and coffee stained. And I love it." -- Judith Duryea

"I don't go anywhere without The Dream Book." -- Grainger Brown

"The Dream Book is right where I can always find it.

On my bedside table." -- Annette Hedley

#### About the Author

Betty, who left us in 2002, was a renowned mystic who not only shared her gifts, but lived by them. She was an author, lecturer, teacher, and someone known as the "Common Sense Guru." Her teachings came with one proviso; That people would regard her merely as a teacher and not a crutch, and that they would take her teachings and run with them. Her mission was that everyone be their own guru.

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In this particular era which is the greater person or who has ability in doing something more are more

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